

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

Where Seniors Stay *Young*

2020 SPRING PROGRAMS & EVENTS



Brock House Exteriors
Courtesy of Stan Hohnholz



**BROCK
HOUSE**
Society

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

REGISTER ONLINE

Special event tickets and tours available now.
Class registration begins on Thursday, March 19th.



To register for our 2020 Spring programs go to www.brockhousesociety.com, visit or phone the office at 604-228-1461



**BROCK
HOUSE**
Society



Thursday, March 26th

1:30 to 3:15pm

in the Conservatory

Come enjoy some special cajun treats by Kaz and bring your dancing shoes if you'd like to take a spin on the dance floor. Wear your Mardi Gras colours proudly—**green**, **gold** and **purple**. The Brock House Jazz Band will entertain us with some foot-tapping New Orleans tunes!

MEMBERS \$17 | MEMBER GUESTS \$20

Under the Distinguished
Patronage of
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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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

Hello again and to put you in the mood let me paraphrase a couple of English poems: *Winter turns in her sleep and murmurs of the spring who is the measure of the year*, welcome to my last and therefore a rather nostalgic edition of the President's Message.

It has been an honour and a pleasure to serve you as President over the past 2 years and it is now time to "*Spring into action!*" and let someone else take my place. Writing this quarterly message has really given me a sense of appreciation for the hard work, quality and variety of programs and events that we present at BHS and our Spring Program once again maintains this high standard.

So what do we offer in the months ahead? We have the following:

For free programs:

- A new course on *Power & Energy* on Tuesdays *after-hours* for 4 weeks
- A new presentation on *Climate Change* on Thursday, April 9th
- And a monthly continuation of the *Men's Group & Folk Singing Group*

For paid programs:

- A new course—*Renew Your Poetic Licence* with Christopher Levensen
- A re-run wine course: *Drink Up! Wine Fundamentals*
- And many returning courses including two *Ukelele for Beginners* classes as well as a few with new contents: *Art History*, *Legendary Performers* and *Great Composers*

For special events:

- *Mardi Gras* with the Brock House Jazz Band on Thursday, March 26th
- *The 6th Annual Dick Stace-Smith Lecture* on Friday, May 15th
- *Brock House Talent Show* on Wednesday, June 24th
- And the annual *Summer Fair* on Saturday, July 11th

For tours:

- *Skagit River Valley* on Monday, April 20th
- *Queen of Peace* on Tuesday, May 5th
- And more!

In closing I would like to thank the programs and event planners who have worked tirelessly to put this Spring Brochure together and of course Yolanda and Joanne who work hard to meet those critical deadlines and to the support staff Lee and Nebojsa. Thanks also go to Kaz, the caterer, whose tasty morsels make those times of quiet reflection in the cafeteria/conservatory even more rewarding.

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	HW112 Yoga (90 min) Tuesday	8:30 - 9:30	HW102 Balance, Posture & Strength	8:45 - 9:45	HW111 Tai Chi Level 4 - 24 & 48 Form	8:30 - 9:30	HW114 Yoga Friday
8:45 - 9:45	HW109 Tai Chi Level 2 - 24 Form Part 2	8:45 - 9:45	HW110 Tai Chi Level 3 - 24 Form & Mirror Image	8:45 - 9:45	HW108 Tai Chi Level 1 - 24 Form for Beginners	9:00 - 10:00	HW115 Yoga-Restorative/Yin	9:00 - 12:00	Artists' Group
9:00 - 12:00	Woodworkers	9:00 - 3:45	Workshop	9:00 - 3:45	Workshop	9:00 - 10:45	Suk Fer's Music	9:00 - 3:45	Workshop
9:30 - 11:30	AR101 MagialMx.ofWatercolour	9:30 - 10:30	HW117 Zumba Gold	9:35 - 10:50	HW105 Stretch & Strength	9:00 - 11:00	BR104 Supervised Bridge Play	9:30 - 10:30	HW118 Zumba Gold
9:30 - 11:30	Yarns & Needle Crafts	10:00 - 12:00	BR103 Intermediate Bridge	10:00 - 11:00	Pole Walkers (Out of House)	9:00 - 12:00	Woodworkers	9:45 - 10:45	HW116 Yoga-Restorative/Yin
9:30 - 12:00	Handbells (Out of House)	10:00 - 3:30	Billiards	10:00 - 11:30	Discussion Series	9:30 - 11:15	Book Club #2 (2nd Thurs-day of the month)	10:00-12:00	Writers' Circle
9:35 - 10:50	HW104Stretch & Strength	10:30 - 11:30	Tuesday Lecture Series	10:00 - 12:00	WR101 Write From the Heart	10:00 - 3:30	Billiards	10:00-12:00	BH Big Band (Out of House)
10:00-11:30	LG101 French - Intermediate	10:30 - 12:00	BH Big Band (Out of House)	10:00 - 12:00	Porcelain Painters	10:30 - 11:45	Esther Birney Literary Series	10:00-12:00	Men's Group (2nd Friday of the month)
10:00 - 3:30	Billiards	11:00 - 12:00	Spanish - Beginners	10:00 - 12:00	Brock House Orchestra	11:15 - 12:15	HW103 OsteoFit	10:00 - 3:30	Billiards
10:30 - 12:00	Travel Series	11:30 - 12:30	HW106 Chair Yoga	10:00 - 3:30	Billiards	12:00 - 3:30	Duplicate Bridge	10:45 - 12:45	Table Tennis
11:30 - 12:45	HW107 Line Dancing	11:30 - 12:30	Indigenous Studies Part 3	10:30 - 12:00	Cryptic Crosswords Group	12:00 - 3:45	Workshop	12:30 - 3:30	Social Bridge
11:40-12:25	LG102 French Intermediate Extension	12:00 - 1:00	Spanish - Intermediate	12:15 - 3:30	Mah Jong	1:00 - 2:30	(Apr. 9) Climate Change Presentation - Drawdown	1:00 - 3:30	Friday Movies
12:00 - 3:45	Workshop	12:30 - 2:30	BR102 Advanced Bridge	12:30 - 2:30	BR101 Absolute Beginners Bridge	1:00 - 3:00	Brock House Jazz Band	1:15 - 3:15	Book Club #1 (last Friday of the month)
12:30-2:30	Doodle Art & Beyond	1:00 - 3:00	BH Kerrisdale Choir (Out of House)	12:30 - 2:30	IP101 Art History: The Many Faces of Picasso	1:00 - 3:00	Chess	1:00 - 3:00	BH Folk Singing Group (2nd & 4th Friday of the month)
1:00 - 2:30	IP104 Renew Your Poetic License!	1:00 - 3:00	IP103 Legendary Performers	12:30 - 3:30	Table Tennis	1:00 - 3:00	IP102 Great Composers from Berlioz to Wagner		
1:00 - 3:00	Play Reading	1:00 - 3:00	Chess	1:00 - 3:00	BH Chamber Players	1:00 - 3:00	Scrabble		
1:00 - 3:00	Computer Drop-In	1:00 - 2:00	MS101 Ukulele Lessons - Beginners Class 1	1:30 - 3:30	Seniors' Services Series Part 2: Presentations				
1:00 - 3:30	Table Tennis	1:15 - 3:00	Philosophy/Discussion Group	1:30 - 4:00	Handbells (Out of House)				
1:15 - 3:15	Death Café (3rd Monday of the month except May.)	1:30 - 3:00	IP105 Drink Up! Wine Fundamentals						
1:30 - 3:00	Sing-A-Long	1:30 - 3:30	Canasta						
		2:15 - 3:15	MS102 Ukulele Lessons - Beginners Class 2						
		After-hours	For 5 weeks between April 7th to May 5th						
		3:00 - 5:30 After-hours	WW101 Woodworking Introductory Course						
		3:30 - 5:00 After-hours	Power & Energy: Exploring Tools for Growth						
		4:00 - 5:00 After-hours	HW113 Yoga Tuesday After-hours						
SPECIAL EVENTS and TOURS									
7:45am - 5:30pm	(Apr. 20) Tour: Skagit Valley Tulip Festival (USA)	1:00 - 2:30	(Mar. 10) Meet'n Greet	1:00 - 3:00	(Mar. 25) Brock House Society Annual General Meeting	1:30 - 3:15	(Mar. 26) Mardi Gras	1:30 - 3:15	(May 15) The Annual Dr. Dick Stage-Smith Lecture
		8:30am - 4:45pm	(May 5) Tour: Queen of Peace Monastery	1:30 - 3:15	(May 27) New Members' Reception	1:45 - 3:15	(Apr. 23) HPA Event: The Genesis Trio	10:00 - 3:30	(May 29) Chicago Bridge with Lunch
		7:15am - 7:15pm	(Jun. 2) Tour: Victoria's Secret Gardens	1:30 - 3:00	(Jun. 24) Talent Show	10:00am - 4:30pm	(Jun. 18) Tour: Indian Arm Lunch Cruise		
			(Tuesday, April 28 - Thursday, April 30) Harrison Hot Springs Bridge Tour						

INDEX

ARTS & CRAFTS

Artists' Group	FREE	7
Doodle Art and Beyond	FREE	7
Magical Mixing of Watercolour		7
Needle Crafts	FREE	7
Porcelain Painting.....	FREE	7

BRAIN CHALLENGERS

Cryptic Crosswords Group	FREE	7
--------------------------------	-------------------	---

BRIDGE

Absolute Beginners Bridge		8
Advanced Bridge.....		8
Chicago Bridge with Lunch		8
Duplicate Bridge		8
Harrison Hot Springs Bridge Tour		8
Intermediate Bridge		8
Social Bridge.....	FREE	8
Supervised Bridge Play		8

COMPUTERS

Computer Drop-In	FREE	9
------------------------	-------------------	---

EVENTS & SOCIALS

Annual General Meeting	FREE	19
NEW Brock House Talent Show		23
Dr. Dick Stace-Smith Lecture.....		23
Mardi Gras.....		2
Meet'n Greet	FREE	22
New Members' Reception.....	FREE	22
Summer Fair.....		28
The Genesis Trio		22

HEALTH & WELLNESS

Balance, Posture & Strength		10
Chair Yoga - Intermediate.....		10
Cyclists	FREE	9
Hikers	FREE	9
Line Dancing.....		10
Osteofit		10
Pole Walkers.....	FREE	9
NEW Power & Energy.....	FREE	9
Stretch & Strength		10
Tai Chi		11
Yoga.....		11
Yoga.....		11
Yoga - Restorative/Yin		11
Zumba Gold.....		12

INDOOR GAMES

Billiards	FREE	12
Canasta	FREE	12
Chess.....	FREE	12
Mah Jong.....	FREE	12
Puzzle Exchange Cupboard	FREE	12
Scrabble	FREE	12
Table Tennis	FREE	12

INTELLECTUAL PURSUITS

Art History: The Many Faces of Picasso		16
NEW Climate Change Presentation: Drawdown... FREE		13
Discussion Series	FREE	13
Drink Up! Wine Essentials.....		18
Esther Birney Series	FREE	13/14
Great Composers from Berlioz to Wagner		16
Indigenous Studies Part 3	FREE	13
Lectures (Tuesday Lecture Series).....	FREE	16
Legendary Performers		17

NEW Renew Your Poetic License.....		17
Seniors' Services Series Part 1: Death Café.. FREE		14
Seniors' Services Series Part 2: Presentations.. FREE		14/15
Travel Series	FREE	16

LANGUAGES

French		18
Spanish	FREE	18

MOVIES (FRIDAYS)

		24
--	--	----

MUSIC

Brock House Big Band*		19
Brock House Chamber Players*		19
Brock House Folk Singing Group		19
Brock House Jazz Band*		19
Brock House Kerrisdale Choir*.....		20
Brock House Orchestra*		20
Handbells (Brock House/Kerrisdale)*		20
Sing-A-Long	FREE	20
Suk Fen's Music.....	FREE	20
Ukulele Lessons - Beginners		20

REGISTRATION INFORMATION

Cancellation Policy		6
Drop-In Policy		6
Registration information		6

SOCIAL GROUPS

Adventures in Dining		21
Men's Group.....		21

SPECIAL EVENTS AT A GLANCE

		6
--	--	---

TOURS

Indian Arm Lunch Cruise		24
Queen of Peace Monastery		24
Skagit Valley Tulip Festival.....		24
Victoria's Secret Gardens.....		24

WOODWORKING

Workshop		21
Woodworkers.....		21
Woodworking Introductory Course.....		21

WRITTEN WORD

Book Club		22
Play Reading		22
Write from the Heart		22
Writers' Circle.....		22

ABOUT BROCK HOUSE SOCIETY

Donate to Brock House Society		25
Management.....		3
Member Benefits		26
Annual Membership Fee.....		26
Cafeteria		26
Fine Dining.....		26
Hours of Operation		26
Library.....		26
Parking		26
Staying in Touch.....		26
Gallimaufry		26
Weekly Email Updates.....		26
Wi-Fi & Computer Lab		26
Woodworking Shop		26

NEW New class

After-hours between 3:00-5:30pm from Apr.7 to May 5th

* In-house practices and/or out-of-house performances

REGISTRATION INFORMATION

How to Register

There are 3 easy ways:

- **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.

Note: *You may register for one other member only.*

When to Register

- Registration FOR ALL CLASSES commences **Thursday, March 19**. Programs will be visible on the website at 9:00am.
- Registration for TOURS, TICKETS 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 before registering for classes or activities.**

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

CANCELLATION POLICY

- A **\$10.00 processing fee** will be charged for any cancellations.
- 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 that 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.

DROP-IN POLICY

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

CONTINUED IN SPRING 2020

Brock House will be open until 5:30pm on Tuesdays from April 7 to May 5.

Be sure to look for exciting classes offered "After-Hours" starting at 3:00pm.

SPRING 2020 CLOSURES

Brock House will be closed on these dates:

- **Fri. Apr. 10** — Good Friday
- **Mon. Apr. 13** — Easter Monday
- **Mon. May 18** — Victoria Day

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

SPECIAL EVENTS AT A GLANCE

- | | |
|--|--|
| • Tues. March 10*:
Meet'n Greet
(for new members) | • Tues. May 5:
Tour: Queen of
Peace Monastery |
| • Wed. March 25*:
Brock House AGM | • Fri. May 15:
Dr. Dick Stace-Smith
Lecture |
| • Thurs. March 26*:
Mardi Gras Event | • Wed. May 27:
New Members'
Reception |
| • Fri. March 27*:
Tour: Fraser River
Cruise (full) | • Tues. June 2:
Tour: Victoria's
Secret Gardens |
| • Mon. April 20:
Tour: Skagit Valley
Tulip Festival (USA) | • Tues. June 18:
Tour: Indian Arm
Lunch Cruise |
| • Thurs. April 23:
Halpern Performing
Arts Event:
The Genesis Trio | • Wed. Jun. 24:
Talent Show |
| • Tues. April 28 to
Thurs. April 30:
Harrison Hot Springs
Bridge Tour | • Sat. July 11:
Summer Fair |
| | * <i>Part of the Winter
2020 Program</i> |

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
No Meeting: Apr. 10 (Good Friday)		

Doodle Art and Beyond ————— **FREE**

We do much more than "doodle" in these classes. Collage, mixed media and watercolour are explored. Please bring watercolour paper, watercolour paint, acrylic paint, brushes, scissors and a glue stick to the first class. Some materials will be provided. All levels are welcome. The class is free but registration required. Limit of 10.

Convenor: Joan Ellis				
Day	Dates	Time	Weeks	Location
Mon.	Apr. 6 - May 11	12:30-2:30	5 weeks	Art Room
No Class: Apr. 13 (Easter Monday)				

Needle Crafts ————— **FREE**

Members of this group knit, crochet and stitch handcrafted projects to sell at the Brock House Summer and Christmas Fairs. Within the group, members share their expertise and enjoy the companionship of working together to support Brock House. We are always happy to welcome new members of all levels—including novices—who craft items using yarns, fibres or fabrics in any way, such as sewing, quilting, embroidery, weaving, etc.

Convenors: Dorothy Simons and Carol Jackson		
Day	Time	Location
Mon.	9:30-11:30	Meyer Room
No Meeting: Apr. 13 (Easter Monday)		

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. Come and enjoy a lovely art form with experienced peers!

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

PAID COURSE

AR101 Magical Mixing of Watercolour —

We will continue to explore the magical nature of watercolour using wet on wet, wet on dry and splatter techniques. This term we will focus on landscapes, abstracts, and student suggested content. Newcomers and all levels are welcome. A list of supplies will be given upon registration but bring whatever you have to the first class. Limit of 10.

Instructor: Jennifer Burrows				
Day	Dates	Time	\$	Location
Mon.	Apr. 6 - May 11	9:30-11:30	\$50/ 5 weeks	Art Room
No Classes: Apr. 13 (Easter Monday)				

BRAIN CHALLENGERS

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

Do you enjoy solving cryptic crosswords but sometimes struggle with the clues? This group may be what you're looking for. We usually bring a favourite clue of the week or a clue that has proven difficult to parse... based on the theory that two or more heads are better than one. After that, we hand out copies of cryptic crosswords which we work on individually—then share our experience on how to approach the tougher clues. It's an opportunity to improve your skills by observing and learning from other lovers of cryptic crosswords.

Convenor: Chris Spencer. For further information contact Hugh Lindsay, 604-732-0366		
Day	Time	Location
Wed.	10:30 - 12:00	Sun Room (off the west end of the Conservatory)

BRIDGE

Duplicate Bridge

Sign-up available from 10:45am. No seating after 12:00pm. Maximum number of tables: 17. You must bring a partner. On-going unless otherwise advised.

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

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 29	10:00-3:30	\$20 per person
Location: Begg Room/Conservatory			

Harrison Hot Springs Bridge Tour

There are a few more spots left! Please see website for details. Registration close date is March 10th. Open to non-members. No refunds can be made after March 31st. Limit of 82.

Instructor: Ed L'Heureux	
Dates	Location
Tues. Apr. 28 - Thurs. Apr. 30	Harrison Hot Springs
Price: \$505 per person for single room occupancy \$365 per person for double room occupancy	

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
No Meeting: Apr. 10 (Good Friday)		

PAID COURSES

BR101 Absolute Beginners Bridge

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. Limit of 12.

Instructor: Glenda Affleck

Day	Dates	Time	\$	Location
Wed.	Apr. 8 - May 20	12:30-2:30	\$55/ 7 weeks	Games Room

BR102 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: Brian Stone

Day	Dates	Time	\$	Location
Tues.	Apr. 7 - May. 12	12:30-2:30	\$60/ 6 weeks	Art Room

BR103 Intermediate Bridge

These lessons are aimed at players who know the basics of bridge and are now looking to add a few conventions and new techniques to their game. The bidding section will cover some of the basic conventions, such as takeout doubles, negative doubles and pre-empts. 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: Brian Stone

Day	Dates	Time	\$	Location
Tues.	Apr. 7 - May. 12	10:00-12:00	\$60/ 6 weeks	Art Room

BR104 Supervised Bridge Play

Beginners 2: Play of the hand and bidding review. We will attempt to have at least four constructed deals and hopefully more. The target will be to introduce transfer bids by the end of the seven weeks. Students should attempt to purchase and bring to class any "Play of the Hand" book. Limit of 20.

Instructor: Glenda Affleck

Day	Dates	Time	\$	Location
Thurs.	Apr. 9 - May 21	9:00-11:00	\$55/ 7 weeks	Art Room

COMPUTERS

Computer Drop-In ————— **FREE**

Available to any member wanting assistance using computers, tablets or cell phones, or help with certain programs. You must know how to use your device. You can use the computer on your own or with help. Advice on computer topics will be offered as needed. The lab has laptops with Windows 10 and high-speed Internet access.

Convenors: John Dent, David Harding, Brian Luchak		
Day	Time	Location
Mon.	1:00-3:00	Computer Room
No Sessions: Apr. 13 & May 18 (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. The rides will begin in the Spring. If interested, watch for further notices. All members welcome.

Convenor: TBA		
Day	Time	Location
Thurs.	10:00	Out of House

Hikers ————— **FREE**

Members of Brock House used to hiking are welcome to join the group. Please phone the coordinators/hike leader before participating. Have appropriate footwear and bring a lunch and enough fluids. Hikers participate at their own risk and need to sign a waiver. Dogs not permitted. All Spring 2020 hikes meet at 8:15am and leave at 8:30am sharp unless otherwise noted. Hikes leave from 10th Ave. and Larch (to arrange for carpools). Hikes may change due to weather/trail conditions. Changes are in the Friday email updates or on 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
Apr. 4	Derby Reach, <i>John W</i> 604-565-6284
Apr. 11	Jack's Trail, <i>Jane</i> 604-264-1250
Apr. 18	Lighthouse Park, <i>Gordon</i> 604-261-6674
Apr. 25	Whyte Lake, <i>Cathie</i> 604-683-1083
May 2	Gold Creek Falls, <i>Joanne</i> 604-433-1044
May 9	Buntzen Lake, <i>Charles</i> 604-224-6627
May 16	5 Point Hill, <i>Jane</i> 604-264-1250
May 23	Norvan Falls, <i>Elizabeth</i> 604-683-3203
May 30	Deeks Bluff Lookout, <i>Tomina</i> 604-736-2377
Jun. 6	Old Buck Trail to Quarry Rock to Deep Cove circuit, <i>Renate</i> 604-739-7680
Jun. 13	Brohm Lake, <i>Katie</i> 604-738-8189
Jun. 20	Nelson Creek, <i>Cathie</i> 604-683-1083
Jun. 27	UBC Research Forest, <i>Margit</i> 604-224-6627

Pole Walkers ————— **FREE**

The group meets at 10:00am outside the front entrance of Brock House to walk for an hour. For more information, contact the convenor at mjkriss78@gmail.com.

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

Power & Energy: ————— **FREE** Exploring Tools for Growth

Learn to move energy—in your body, in a room, on the planet; Read energy—your own, other people, objects, animals; Change energy—in yourself, in a room, in an area. This workshop is a place to begin helping to expand the light on the planet. Those who are already a light worker or a healer will find this a complement to your work and service.

Learning to identify another person's energy field will enable you to communicate and respond in a loving and compassionate manner. All of us already react to another's energy unconsciously. With this workshop you will be able to make conscious responses to the people around you. Shifting from reacting to responding enables potential for change to catapult you into the next vibration of your life path. **The class is free but registration required. Limit of 12.**

Instructor: Vera Enshaw				
Day	Dates	Time	Duration	Location
Tues.	Apr. 7 - Apr. 28	3:30-5:00 <i>After-hours</i>	4 weeks	Begg Room

PAID COURSES

HW101 & HW102

Balance, Posture & Strength

This is a moderate/challenging 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. Folks who are at high risk for falls are not recommended to take this class. If in doubt, please contact the instructor through the office for more information. Limit of 16.

HW101 Balance, Posture & Strength (Mon)				
Instructor: Provided by Love Your Age Fitness Inc.				
Day	Dates	Time	\$	Location
Mon.	Apr. 6 - Jun. 8	8:30-9:30	\$80/ 8 weeks	Tent
No Classes: Apr. 13 & May 18 (Holidays)				
HW102 Balance, Posture & Strength (Wed)				
Day	Dates	Time	\$	Location
Wed.	Apr. 8 - Jun. 10	8:30-9:30	\$100/ 10 weeks	Tent

HW103 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 an easy exercise class suitable for new exercisers or those returning from illness or injury. Anyone with mobility challenges, including those using mobility aids (walkers/canes), are welcome. Limit of 16.

Instructor: Provided by Love Your Age Fitness Inc.				
Day	Dates	Time	\$	Location
Thurs.	Apr. 9 - Jun. 11	11:15-12:15	\$100/ 10 weeks	Tent

HW104 & 105 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 Moves' balance work, and exercises for strength, agility, stability,

and stretching/mobility. The last part of the class is all seated and may include posture/body alignment, stretching, visualization, and deep relaxation. We'll use a variety of apparatus, such as balls, weights, tubing, bean bags and more. This class is suitable for all levels, including those with some mobility and balance restraints wishing to safely challenge themselves. Limit of 16.

HW104 Stretch & Strength (Mon)				
Instructor: Provided by Love Your Age Fitness Inc.				
Day	Dates	Time	\$	Location
Mon.	Apr. 6 - Jun. 8	9:35-10:50	\$92/ 8 weeks	Tent
No Classes: Apr. 13 & May 18 (Holidays)				
HW105 Stretch & Strength (Wed)				
Day	Dates	Time	\$	Location
Wed.	Apr. 8 - Jun. 10	9:35-10:50	\$115/ 10 weeks	Tent

HW106 Chair Yoga - Intermediate

Expanding on what you already learned in previous Chair Yoga classes, continue to improve your strength, balance, concentration and flexibility. In this intermediate class, you will continue to explore the benefits of Chair Yoga and challenge yourself to the next level in a safe and fun environment! Limit of 12.

Instructor: Erica Levy				
Day	Dates	Time	\$	Location
Tues.	Apr. 7 - Jun. 9	11:30-12:30	\$80/ 10 weeks	Begg Room

HW107 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 are welcome but prior experience with previous courses recommended. Limit of 14.

Instructor: Lisa Dong				
Day	Dates	Time	\$	Location
Mon.	Apr. 6 - Jun. 8	11:30 -12:45	\$68/ 8 weeks	Tent
No Classes: Apr. 13 & May 18 (Holidays)				

HW108, HW109, HW110 & HW111 Tai Chi

HW108 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.	Apr. 8 - Jun. 10	8:45-9:45	\$90/10 weeks	Conservatory

HW109 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.	Apr. 6 - Jun. 8	8:45-9:45	\$72/8 weeks	Conservatory
No Classes: Apr. 13 & May 18 (Holidays)				

HW110 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. 7 - Jun. 9	8:45-9:45	\$90/10 weeks	Conservatory

HW111 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. 9 - Jun. 11	8:45-9:45	\$90/10 weeks	Conservatory



HW112, HW113 & HW114 Yoga

Yoga reduces stress and pain and helps maintain good physical and mental health, including increased energy, strength and mobility. This seniors' yoga program is basic-level hatha classes, including full modifications for most poses. All levels are welcome. Everyone can work at their level and pace. Props provided and used as needed: chairs, wall, yoga straps, blocks, etc. Please bring your own yoga mat. **Limit of 12.**

HW112 Yoga Tuesdays (90min)				
Instructor: Alyshia				
Day	Dates	Time	\$	Location
Tues.	Apr. 7 - Jun. 9	8:30-10:00	\$130/10 weeks	Begg Room
HW113 Yoga Tuesdays (60min)				
Instructor: Kiana				
Day	Dates	Time	\$	Location
Tues.	Apr. 7 - May 5	4:00-5:00 <i>After-hours</i>	\$45/5 weeks	Halpern Room
HW114 Yoga Fridays (60min)				
Instructor: Alyshia				
Day	Dates	Time	\$	Location
Fri.	Apr. 17 - Jun. 12	8:30-9:30	\$70/8 weeks	Begg Room
No Class: May 29 (Room Unavailable)				

HW115 & HW116 Restorative/Yin Yoga

Rejuvenate your body with a blended sequence of yin and restorative yoga. Begin with stretches to target the deep connective tissues, increase flexibility and open the body meridians. Then a relaxing restorative sequence will unfold your body using props (provided) to ensure complete relaxation into the postures. These practices calm the mind and nervous system, enabling you to focus on the breath. Come away relaxed, rejuvenated and restored. **Limit of 12.**

HW115 Restorative/Yin Yoga Thursdays				
Instructor: Julia				
Day	Dates	Time	\$	Location
Thurs.	Apr. 9 - Jun. 11	9:00-10:00	\$85/10 weeks	Begg Room
HW116 Restorative/Yin Yoga Fridays				
Instructor: Alyshia				
Day	Dates	Time	\$	Location
Fri.	Apr. 17 - Jun. 12	9:45-10:45	\$70/8 weeks	Begg Room
No Class: May 29 (Room Unavailable)				

HW117 & HW118

Zumba Gold

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.

HW117 Zumba Gold Tuesdays				
Instructor: Asal Nikoopour				
Day	Dates	Time	\$	Location
Tues.	Apr. 7 - Jun. 9	9:30-10:30	\$85/ 10 weeks	Tent
HW118 Zumba Gold Fridays				
Day	Dates	Time	\$	Location
Fri.	Apr. 17 - Jun. 12	9:30-10:30	\$77/ 9 weeks	Tent

INDOOR GAMES

**Due to the flood in the Billiard and Activity Rooms in the basement, Billiards & Table Tennis will only be available if the restoration of the Billiard and Activity Rooms are complete. Please call the office for updates.*

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 '50s and '60s. 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 and join us.

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



Puzzle Exchange Cupboard ————— FREE

An initiative from a member. A cupboard is dedicated in the office for members to take a puzzle home to do and bring back for someone else to enjoy once you are finished with it. Please ensure all puzzles brought in or exchanged contain all the pieces.

Day	Time	Location
Mon. - Fri.	9:00-3:45	Office

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

There are many 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 the maximum number has been reached.

Climate Change Presentation ——— **FREE Drawdown:**

A Series Of Responses to Climate Change

This session provides an introduction to the top 10 researched and modeled solutions from among 100 that represent the most substantial ways we can reverse global warming. Drawdown books will be available for purchase at Pulpfiction on Broadway or limited copies will be available for sale at the talk.

Convenor: Jane Dunlop, Joanne Haramia, & Marilyn Croslin			
Day	Dates	Time	Location
Thurs.	Apr. 9	1:00-2:30	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	Description	
Apr. 8	How can we make Canada's prison system more effective?	
Apr. 15	HOT TOPIC	
Apr. 22	Are there already too many humans on Planet Earth?	
Apr. 29	Should Canada engage more closely with China? Or not at all?	
May 6	Are you a pessimist or an optimist?	
May 13	HOT TOPIC	
May 20	Does capitalism have a future?	
May 27	What should be our responses to demographic challenges facing our world today?	
Jun. 3	How to avoid fake news?	

Discussion Series Cont'd

Date	Topic
Jun. 10	HOT TOPIC
Jun. 17	How do you put meaning into life?
Jun. 24	How effective is nonviolence? How effective is violence?

Indigenous Studies Part 3 ——— **FREE**

We will read and discuss the book *Indigenous Relations: Insights, Tips, & Suggestions to Make Reconciliation a Reality* by Bob Joseph with Cynthia F Joseph. The book is a timely sequel to the best selling *21 Things you might not know about the Indian Act*. Come prepared to discuss the assigned readings, your own ideas and experiences. We will augment the readings with videos. Please come with the book (cost is \$20 and is widely available). **The group is free but registration required, priority will be given to participants who are returning. Limit of 15.**

Convenor: Henriette Orth				
Day	Dates	Time	Duration	Location
Tues.	Apr. 7 - Jun. 9	11:30-12:30	10 weeks	Games Room

Esther Birney Literary Arts Series ——— **FREE**

Each session has a knowledgeable presenter and the topics are intriguing. You will be sure to enjoy this well-curated literary art series.

Esther Birney Literary Series		
Convenor: Glenys Acland		
Day	Time	Location
Thurs.	10:30-11:45	Halpern Room
Date	Title & Description	
Apr. 2	Speaker: David Webb Title: <i>Nationalism Through the Life and Work of Dylan Thomas</i> David Webb is the past president of The Dylan Thomas Circle of Vancouver. His presentation is a low-key investigation of nationalism through the work and the life of Dylan Thomas, especially in the light of the ancient Welsh language tradition of the nation organically and universally, as it were, manifesting 'A Bard'.	
Apr. 9	Speaker: Dr. Peter Stenberg Title: <i>Modernity and Miss Julie</i> As a precursor to the showing of the film next week (April 16), Dr. Stenberg will discuss the 1888 play by August Strindberg. Dr. Stenberg is the former Head of the Department of Central, Eastern and Northern European Studies at UBC.	

Esther Birney Literary Arts Series Cont'd	
Date	Title & Description
Apr. 16 (start time at 10:00am)	Movie: <i>Miss Julie</i> (1951, 90 min, subtitles) A Swedish drama based on the play of the same name by August Strindberg. The film deals with class, sex and power as the title character, the daughter of a Count in 19th century Sweden, begins a relationship with one of the estate's servants. The film won the <i>Grand Prix du Festival International du Film</i> at the 1951 Cannes Film Festival.
Apr. 23	No meeting: Room Unavailable
Apr. 30	TBA
May 7	Speaker: Geoff Mynett Title: <i>Service on the Skeena: Horace Wrinch, Frontier Physician</i> Geoff will tell us about his recently published biography of Dr. Wrinch: physician, hospital builder, farmer, Methodist Minister, magistrate, mining entrepreneur and member of the BC Legislature. <i>"This is also the story of a town on the frontier, with bank robberies, and murders, prospectors, pack-trains and paddle-wheelers."</i> - GM. The biography was on the BC Bestseller list #8 for the week of January 25th.
May 14	Speaker: Trevor Marc Hughes Title: <i>Riding the Continent</i> The journalist and actor will give an illustrated talk on BC's first environmentalist, Hamilton Mack Laing. "Laing's talk explores the beauty of North American bird life, describes the sights, scenery and people he encountered, and takes us along for the ride on a 1915 Harley-Davidson he names Barking Betsy." - TMH

Seniors' Services Series Part 1 ——— FREE **Death Café: Thinking and Planning Ahead**

At a Death Café 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 Café 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.

Convenor: Rev. Stephen Garrett	
Time	Location
1:15 - 3:15	Games Room
Day: 3 rd Monday of each month in the Spring: Apr. 20, May 25 (<i>since May 18 is a holiday</i>),	

Seniors' Services Series Part 2: ——— FREE **Presentations**

The following presentations are curated to provide insight on a variety of topics dedicated toward the needs of seniors. Come for one or the whole series.

Seniors' Services Series: A Pop-Up!		
Convenor: Carroll Coates		
Day	Time	Location
Wed.	1:30-3:30	Halpern Room
Date	Title & Description	
Mar. 18 (added)	Speaker: Allison Reed, CRA Title: <i>Tax Info Session</i> Just in time for tax season. Allison Reed, an Outreach Officer, Assessment, Benefit, and Service Branch at the Canada Revenue Agency will speak on the following topics: <ul style="list-style-type: none"> • Common types of income for seniors • The GST/HST credit • Common tax credits and deductions for seniors • Canada Revenue Agency services • Scams 	

Seniors' Services Series: Presentations		
Convenors: Wendy Trigg, Jane Dunlop & Donna Webb		
Day	Time	Location
Wed.	1:30 - 3:30	Halpern Room
Date	Title and Description	
Apr. 8	Speaker: Bob Burrows Title: <i>The History of the 'Dugout' Drop-in Community Centre</i> The 'Dugout' drop-in community centre in Vancouver's Downtown Eastside neighbourhood began 52 years ago by our speaker. Bob is officially retired but still working as a United Church Minister.	

Seniors' Services Series Part 2 Cont'd	
Date	Title and Description
Apr. 15	Speaker: Sheila Pepper Title: <i>Safety for Seniors</i> Sheila Pepper, The Councils of Women: Vancouver, Ottawa, nationally and internationally; The Canadian Federation University Women (CRUW): for Advocacy, etc.; Council on Aging, Ottawa; Health & Housing, etc. She will speak on the safety of seniors at home, in the community, while travelling and more. This will be an interactive presentation with humour and a demonstration.
Apr. 22	Speaker: Darcy MacInnes Title: <i>Internet Security for the Older Adult</i> For some, the digital world is a dangerous place. Many are being scammed or phished for valuable personal information, i.e. Life Lab incident of security breach. Darcy, who has 25 years experience in IT, is a distinguished security engineer at TD Bank and responsible for end point protection.
Apr. 29	Speaker: Susan Johnson Title: <i>Sleep & Stress</i> Susan is a nurse practitioner at VGH and Oasis. She will talk about strategies for handling difficulties with sleep and stress through self management and lifestyle.
May 6	Speaker: Jim Coggles Title: <i>Homelessness & Recovery Programs</i> Jim is the Executive Director of Harbour Light shelter in the Downtown Eastside. Jim talks about the stages of achievement in recovery and hard-earned recoveries with the risk of failures.
May 13	Speaker: Someone from BC Housing Title: <i>BC Housing – Subsidized Independent Housing for Seniors.</i> In this presentation by BC Housing, you will be given tips and resources to access and navigate housing options, and also become familiar with government benefits and services in BC.



Travel Series **FREE**

Photographers share their travel experiences.

Convenors: John Smith & Rose Taylor		
Day	Time	Location
Mon.	10:30 - 12:00	Halpern Room
Date	Title and Description	
Apr. 6	Cosmos Bus Tour Part II: Sarajevo, Cavtat, Plitvice Lakes UNESCO, Zagreb & Ljubljana, <i>Rose Taylor</i>	
Apr. 13	Easter Monday - BROCK HOUSE CLOSED	
Apr. 20	The Sights, Sounds and Trails of Oaxaca, Mexico, <i>Murray and Margaret Hendren</i>	
Apr. 27	Antarctica, South Georgia and the Falkland Islands, <i>Donna Hogge</i>	
May 4	My Shetland Homecoming. Return to Foula, the Most Remote Island in the UK, <i>Robert Boyd</i>	
May 11	Adventures in Southern & East Africa: Overland from Cape Town to Nairobi - Part I (Repeat from Jan. 13th - snow day), <i>Graham Baldwin</i>	
May 18	Victoria Day - BROCK HOUSE CLOSED	
May 25	Pacific Crest Trail, BC, <i>Catherine Ostler</i>	
Jun. 1	Bhutan: A Colourful, Ancient Culture Struggling to Maintain Its Sovereignty, <i>Diane Reesor</i>	

Tuesday Lecture Series ————— **FREE**

Knowledgeable specialists lecture on diverse topics.

Convenor: Allan Strain		
Day	Time	Location
Tues.	10:30-11:30	Halpern Room
Date	Title and Description	
Apr. 7	Understanding Subduction Zones. <i>Dr. Simon Peacock</i> , Department of Earth, Ocean, and Atmospheric Sciences, UBC. Subduction zones are places on earth where tectonic plates collide and trigger great earthquakes and explosive volcanism.	
Apr. 14	A Fracking Nightmare: The Consequences of British Columbia's Love Affair with Natural Gas. <i>Ben Parfitt</i> , Resource Policy Analyst with the BC Centre for Policy Alternatives.	
Apr. 21	Builders Without Borders. <i>Neil Griggs</i> , founding director of Builders without Borders and a member of Brock House. Neil will talk about the history and projects undertaken by volunteers working for Builders Without Borders with our partners in over 20 countries since 1999.	
Apr. 28	Moving Forward with Electric Vehicles. <i>Michael Stanyer</i> , Program Coordinator with Plug In BC, a program of the Fraser Basin Council. It's not just electric cars, but also trucks, buses, ferries and maybe float planes?	
May 5	Travel Tips for Seniors. <i>Claire Newell</i> , author, travel consultant and President, Travel Best Bets.	
May 12	Chinese Wit and Humour through The Ages. <i>Dr. Jan Walls</i> , Professor Emeritus, SFU, a founding director of the David Lam Centre for International Communication, and a founding director of the Asia-Canada Program in the Faculty of Arts.	
May 19	Living a Happier Life. <i>Dr. Nancy Sin</i> , Department of Psychology, UBC.	
May 26	Current Trends in Property and Casualty Insurance in BC. <i>Chuck Byrne</i> , Executive Director and Chief Operating Officer of the Insurance Brokers Association of BC. How do brokers find underwriters to take on insurance risk for homes, condos and businesses? What are today's risks?	
Jun. 2	NADA: Supporting a Just Food System, One Container at a Time. <i>Brianne Miller</i> , B.Sc, M.Res. Founder & CEO, NADA Foods.	

Tuesday Lecture Series Cont'd

Date	Title and Description
Jun. 2 (Cont'd)	This talk is about how to operate a grocery store with zero packaging, where customers must bring their own containers, jars and bags.
Jun. 9	An Introduction to the Vancouver Avian Research Centre's Bird Monitoring and Banding Program at Colony Farm Regional Park. <i>Derek Matthews</i> , Chair, Vancouver Avian Research Centre.

PAID COURSES

IP101 Art History: —————

The Many Faces of Picasso

Why did Picasso captivate the art world? How and why did his art change drastically over the 20th century? Join us as we look at this infamous Modern master, alongside the evolution of Modern Art over 60 years. We'll explore his connections to other artists, art movements and events that shaped his changing art styles throughout his life, and the unique role his relationships had on the many ways he captured the world. **Limit of 65.** Drop-ins for this class will be \$25 per class.

Instructor: Jessa Alston-O'Connor

Day	Dates	Time	\$	Location
Wed.	May 20 - Jun. 10	12:30-2:30	\$80/4 weeks	Halpern Room

IP102 Great Composers —————

From Berlioz to Wagner

Join us as we explore the lives and music of a selection of influential composers from the middle of the nineteenth century. **Limit 65.**

Instructor: Nicolas Krusek

Day	Dates	Time	\$	Location
Thurs.	Apr. 30 - Jun. 11	1:00-3:00	\$105/7 weeks	Halpern Room
Date	Description			
Apr. 30	The overtures of Hector Berlioz			
May 7	The symphonies of Hector Berlioz			
May 14	The symphonic poems of Franz Liszt			
May 21	The Symphonies of Franz Liszt			
May 28	The early operas of Richard Wagner			
Jun. 4	The Ring of the Nibelung			
Jun. 11	The late operas of Richard Wagner			

IP103 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
Tues.	May 19- Jun. 9	1:00- 3:00	\$60/ 4 weeks	Halpern Room
Date	Description			
May 19	Jerry Herman. The composer of Hello Dolly, Mame and La Cage aux Folles who died in 2019 at the age of 88.			
May 26	Linda Ronstadt. A rock diva whose love and curiosity about music found her embracing operetta, tin pan alley and Mexican songs.			
Jun. 2	Billie Holiday/Bruno Mars. A contrast in styles, the legendary jazz singer and the current pop sensation.			
Jun. 9	Latin and Blues. The jazz audience welcomes a new beat. Artists featured include Dizzy Gillespie, Jobim, Sheila E., Marc Anthony, Count Basie and BB King.			

IP104 Renew Your Poetic License! NEW

Without aiming to be a historically complete academic survey, this course will explore the beginnings of, and some directions in, modernist poetry from Whitman and Dickinson, through e.g. Eliot, Yeats and Auden, to the present day from the perspective of a practising, published poet. We will look at a variety of poems in terms of such basic elements as imagery, sound patterning, wordplay and sentence structure. If so desired, participants may hand in their own poems modelled on those. **Limit of 50.**

Instructor: Christopher Levenson				
Day	Dates	Time	\$	Location
Mon.	Apr. 6- May 25	1:00- 2:30	\$65/ 6 weeks	Begg Room
No Classes: Apr. 13 & May 18 (Holidays)				

Renew Your Poetic License Cont'd

Date	Description
Apr. 6	The language of poetry. Starting with Wordsworth's rejection of a special language for poetry (poetic diction) and choosing instead 'a selection of the real language of men', we will look at Whitman's prophetic, biblical voice which resurfaces in the 20th century in Carl Sandburg and Allen Ginsburg's "Howl". We will look at Clough's Amours de Voyage for the first instance of a casual, colloquial tone and finally at Gerard Manley Hopkins' re-invigoration of English through the use of Anglo-Saxon and Welsh idiom and rhythms.
Apr. 13	Easter Monday - BROCK HOUSE CLOSED
Apr. 20	Getting away from traditional forms such as the sonnet and blank verse, we will examine 'free verse' as in Eliot; the use of para-rhyme by Wilfred Owen; the rejection of British English and the whole British literary tradition by William Carlos Williams; and the substitution of composition by phrase rather than by metre.
Apr. 27	A closer look at cadence and verse movement, with examples from Hopkins, Yeats, Tomlinson, Jeffers, Larkin and Vikram Seth and syllabic verse, as in Dylan Thomas and Auden.
May 4	The poetic imagination: the unexpected angle of vision as in Emily Dickinson, MacNeice, and Pat Lowther.
May 11	The tone of poetry: from the confessional mode of Sylvia Plath and Anne Sexton and Lowell's Life Studies at Auden's Musée de Beaux Arts and The Shield of Achilles.
May 18	Victoria Day - BROCK HOUSE CLOSED
May 25	What is the public role of the poet today vis-à-vis politics, religion etc. How can poets deal with e.g. urbanization and colonization (Dennis Lee) nature and climate change?

"A good poem is a contribution to reality. The world is never the same once a good poem has been added to it. A good poem helps to change the shape and significance of the universe, helps to extend everyone's knowledge of himself and the world around him."
—Dylan Thomas

IP105 Drink Up! Wine Fundamentals —

Wine is the most fluid of subjects, the choices seemingly endless and the combinations infinite. Old or New World, red or white, still, sparkling or fortified? Discovering wine, that eminently social activity, means finding out about new places and countries and even meeting new people. We will explore how wine is made, consider different contemporary styles and delve into the historical and cultural significance of their evolution.

We will go on to how to assess wine and, ultimately, how to enjoy your glass from an altered, informed perspective. We'll look at Old World styles, such as Bordeaux and Burgundy, and New World styles, including wines from the Napa and Okanagan Valleys. The varieties of fortified, still and sparkling wine will come into focus, and differing customs and histories will come alive and gain meaning for you. (Includes wine tasting). **No drop-ins allowed.**

Instructor: Dr. Clinton Lee				
Day	Date	Time	\$	Location
Tues.	Apr. 7- May 5	1:30-3:00	\$105/ 5 weeks	Halpern Room

LANGUAGES

Spanish Conversation — **FREE**

Basic conversation and pronunciation in an informal setting. Excellent experience for those planning to travel to Mexico or South America. The class is free but registration required. Limit of 10 per class.

Instructor: Carlos Rabago				
Level 1 - Beginners				
Day	Dates	Time	Weeks	Location
Tues.	Apr. 21 - May 26	11:00- 12:00	6 weeks	Meyer Room
Level 2 - Intermediate				
Tues.	Apr. 21 - May 26	12:00- 1:00	6 weeks	Meyer Room



PAID COURSES

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 Intermediate —

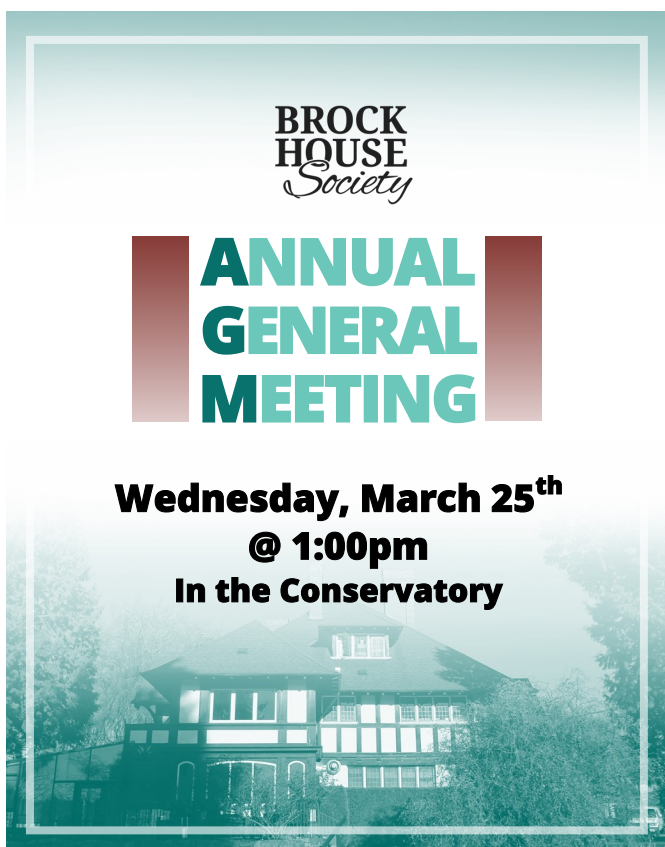
For those who have a working knowledge of low intermediate or intermediate French, this program offers an exciting way to improve or refresh your skills. We will study various aspects of grammar and vocabulary and tie them together with dynamic and fun speaking exercises for communicating in French-speaking 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 12.**

Instructor: Noëlie Vannier				
Day	Dates	Time	\$	Location
Mon.	Apr. 6 - Jun. 8	10:00 - 11:30	\$94/ 8 weeks	Begg Room
No Classes: Apr. 13 & May 18 (Holidays)				

LG102 French Intermediate Extension —

This course extension is for students who are already enrolled in the intermediate French course and would like to spend an extra 45 minutes each week to help prepare for future enrollment in the Advanced French course. The class will be conversation-based while incorporating some vocabulary and grammar points to structure the conversation. Students should be relatively comfortable speaking in the present, past and future tenses but not fluently. **Limit of 12.**

Instructor: Noëlie Vannier				
Day	Dates	Time	\$	Location
Mon.	Apr. 6 - Jun. 8	11:40 - 12:25	\$50/ 8 weeks	Begg Room
No Classes: Apr. 13 & May 18 (Holidays)				



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 about 16 times a year, delivering big band music to community centres, hospitals and seniors' residences. The repertoire changes to match major public holidays, such as 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.	10:30-12:00	W.P.G. Comm. Centre (Aberthau)
Fri.	10:00-12:00	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. 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 Folk Singing Group*

Are you interested in joining the Brock House Folk Singing group?

This newly-formed group met in January for the first time and decided to continue meeting on the second and fourth Friday of each month (no meeting on Good Friday, April 17th). Bring your voices and instruments! Typical activities include song circles where individuals offer songs, poetry and laughter (a folk song is anything you want it to be!). The group will join in playing or singing whenever invited. The group takes a break halfway through each session for tea on the verandah upstairs*. Please contact John Wade at 778-988-1148 (johnwade1948@gmail.com) or Larry Moore (larryfmoore@hotmail.com) if you have questions or would like to join and be added to the mailing list.

Convenors:

John Wade, johnwade1948@gmail.com

Larry Moore, larrymoore@hotmail.com

Day /Date	Time	Location
Every 2nd & 4th Fri.	1:00-3:00	Activity Room*

**Due to the flood in the Billiard & Activity Room in the basement, this group will meet offsite until further notice. If you would like to join this group, please contact the convenors for up-to-date info.*

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/Out of House

Brock House Kerrisdale 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 Contact for Choir: Sharon Copeman		
Day	Time	Location
Tues.	1:00 - 3:00	Kerrisdale Community Centre

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 bassoon and French horn players.

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

Handbells (Brock House/Kerrisdale)

Join this enjoyable and rewarding group activity. No handbell experience required, but we do ask that you are 55 or older and able to read music. Please contact President Jean Peggie, 604-732-3354, or Grace Lau, 604-323-8131, before registering. 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. Afternoon Director: Jean Peggie		
Wed.	1:30 - 4:00	Kerrisdale Seniors' Centre

Sing-A-Long FREE

Brighten your day; leave your worries on the doorstep; come on over to the sunny side and sing along or swing along with the Brock House Society's gleeful senior songsters on Monday afternoon. The benefits of ensemble singing in a non-threatening social setting are unique for each individual. We hope the fun we have will improve your sense of

joy and overall well-being and, of course, your singing. All voices are welcome. We do some sing-alongs at Brock House events and our monthly visits to Vancouver seniors' residences are popular with both our hosts and our members.

Pianist: Leora Williams Recorder: Joane Sunahara		
Day	Time	Location
Mon.	1:30 - 3:00	Conservatory/Begg Room

Suk Fen's Music* FREE

Join Suk Fen, a Brock House member and an opera singer, for some professional singing exercises. This includes proper posture, breathing exercises, develop voice, practice singing vowels, introduction to Do Re Mi Fa So La Ti Do, do scales, sing melody, read music, and learn rhythm. Most importantly sing songs and have fun! All members welcome. Drop in.

Convenor: Suk Fen Cheung				
Day	Dates	Time	Duration	Location
Thurs.	Apr. 30 - Jun. 18	9:00-10:45	8 weeks	Activity Room*

**Due to the flood in the Billiard & Activity Rooms in the basement, this group will only be meeting at Brock House if the restoration of the Activity Room is complete by the start date. Please email Suk Fen at suk.fen55@gmail.com for up-to-date information.*

PAID COURSES

MS101 & MS102 Beginners Ukulele

This class is perfect for members who have never played the ukulele or know a few chords. Ukulele is loads of fun, super easy to learn, as well as affordable and portable. Join instructor Harmonious Joan on this melodious adventure! You must bring your own soprano, concert, or tenor ukulele (C tuning). No baritone ukuleles! If you don't yet own a ukulele, you can buy an adequate one for \$40 to \$50, a quite decent one for around \$80+. Some music stores offer rentals. A clip-on tuner is also highly recommended. All other materials provided. Limit of 10.

MS101 Beginners Ukulele (Class 1)				
Instructor: Joan deVerteuil				
Day	Dates	Time	\$	Location
Tues.	Apr. 7 - Jun. 9	1:00-2:00	\$85/ 10 weeks	Begg Room
MS102 Beginners Ukulele (Class 2)				
Day	Dates	Time	\$	Location
Tues.	Apr. 7 - Jun. 9	2:15-3:15	\$85/ 10 weeks	Begg Room

SOCIAL GROUPS

The following social groups are intended for all Brock House members interested in getting together on a more social basis. Our Adventures in Dining group has been meeting regularly for over 4 years and the Men's Group has been regularly meeting since Fall 2019. Contact the respective group's convenor(s) if you would like to join any of these groups.

Adventures in Dining

This group provides a wonderful opportunity to meet other Brock House members while enjoying dinner at some 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 convenors to join the mailing list. Members are responsible for their own transportation and expenses.

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

Men's Group

This informal group is an opportunity for the male members of Brock House to get to know each other better. Each session will start off with a presentation by one of the members followed by an open discussion around the table. We then conclude with some one-on-one time with someone you wish to know better. This is a free gathering and registration is not required. The proposed dates are every 2nd Friday of each month. For further information, please contact Graham Kedgley through the office.

Convenor: Graham Kedgley

Day	Time	Location
Fri.	10:00-12:00	Halpern Room

Dates: 2nd Friday of each month in the Spring:
(No meeting in April) May 8 and June 12

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 join 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

PAID COURSE

WW101 Woodworking Introductory Course

The woodworkers will be offering an introductory woodworking class for novices to learn the fundamentals of woodworking and more advanced woodworkers who wish to refresh their skills. The course will introduce basic skills, project design, safety, techniques and planning the successive steps for completing your project and achieving your project goals. The class will be organized around individual projects selected by each student. Work on each project will be mentored by the instructors. Potential projects on the list include: bird houses, cutting boards, small benches, small tables, plant stands, planters, turned bowls, wooden toys and other approved projects suitable for your skill levels. The course includes an orientation that will allow participants to work independently in the workshop. **Limit 9.**

Convenor: Bill Ramey

Day	Dates	Time	Location
Tues.	Apr. 7 - May 5 (5 weeks)	3:00-5:30 <i>After-hours</i>	Workshop

Price: \$112 plus the cost of wood for the selected project. Most projects using pine boards should be less than thirty dollars but special woods could cost more.

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

PAID COURSE

WR102 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 including some travel adventures and fiction writing as well as poetry. Limit of 14.

Instructor: Ruth Kozak				
Day	Dates	Time	\$	Location
Wed.	Apr. 8 - May 27	10:00 - 12:00	\$68/ 8 weeks	Games Room

EVENTS & SOCIALS

HALPERN PERFORMING ARTS EVENTS

Sponsored by the George Halpern Fund

The Genesis Trio —————

The Genesis Trio, founded by clarinetist Jonathan Lopez, violist Nina Weber, and pianist Markus

Masaite, is considered one of the premier chamber ensembles at UBC. Driven by a shared passion for performing and love of chamber music, the trio has performed for a variety of audiences both locally and internationally. Highlights include a performance at North Carolina's renowned Brevard Music Festival and first prize at the 65th annual Friends of Chamber Music Competition.

Convenor: Janie Royea			
Day	Date	Time	Location
Thurs.	Apr. 23	1:45 - 3:15	Conservatory
Tickets: \$8 Members & \$10 Member Guests			



The Genesis Trio
Markus Masaite, Nina Weber & Jonathan Lopez

NEW MEMBERS' EVENTS

If you joined Brock House within the last 2 years, join us!

Meet'n Greet ————— **FREE**

We all know how good it feels to be given a warm welcome when we start something new. With that in mind, we invite you to our upcoming informal Meet'n Greet to introduce you to other new members. You'll be greeted with cookies, coffee/tea and some friendly folks. Contact Sheila Resels at sresels@gmail.com to register (as space is limited) or contact the office for further information.

Convenor: Sheila Resels			
Day	Date	Time	Location
Tues.	Mar. 10	1:00 - 2:30	Art Room

New Members' Reception ————— **FREE**

Now that you've joined Brock House, would you like to know more about how the society operates? Do you have questions about our programs and events? Perhaps you would like to connect with other members? Or maybe you're ready for a volunteer assignment? Come to our next New Member Reception hosted by the Board and the Membership Committee. Meet some of the members who make it happen, and take a tour of our marvellous heritage home. Limit of 70.

Convenor: Jo Pleshakov			
Day	Date	Time	Location
Wed.	May 27	1:30 - 3:15	Conservatory

SOCIAL & SPECIAL EVENTS

Mardi Gras

Come enjoy some special Cajun treats by Kaz and foot-tapping New Orleans tunes by The Brock House Jazz Band. Bring your dancing shoes. Please see poster on page 2. Limit of 80.

Convenor: Patricia Brady

Day	Date	Time	Location
Thurs.	Mar. 26	1:30 - 3:15	Conservatory

Tickets: \$17 Members & \$20 Member Guests



BROCK HOUSE Society
Talent Show
Wednesday, June 24th
1:30-3:00pm
in the Marquee

Brock House Members have so much talent and it is time for a show. Save the date and come prepared to enjoy entertainment by your fellow members. The Socials Team will lead off the show.

Share your talent, whether it be playing the ukulele, saxophone, accordion, piano, reciting poetry, tap dancing or you're an aspiring ventriloquist. Start exercising your vocals in the shower. **Entry forms will be available in Brock House office starting on Thursday, March 19th. All entries will be considered and must be submitted by May 24th.**

First come, first serve. This will be an event that will be talked about for years!

Members \$17 | Member Guests \$20

Summer Fair

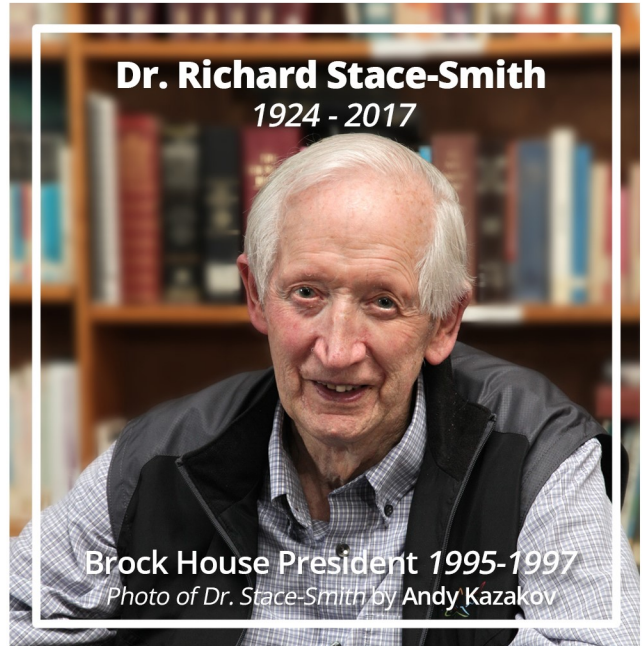
Save the date! The annual Brock House Summer Fair returns on Saturday, July 11th. Please see save the date poster on Page 28.

Summer Fair Chair: Susan Lamb

Day	Date	Time	Location
Sat.	July 11	TBA	Brock House Grounds

More details to come!

Plan to attend the 6th Annual Dr. Richard Stace-Smith Lecture



Friday, May 15th, 2020

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

Tickets: \$5.00 (Members & Member Guests)

Guest Speaker:
Dr. Margaret Catley-Carlson

Dr. Catley-Carlson is a patron of the Global Water Partnership. This partnership was formed in 1996 by the World Bank, the United Nations Development Program & the Swedish International Cooperation Agency. It is a working partnership for all those involved in water management.

Dr. Catley-Carlson has held many prestigious positions throughout her interesting and illustrious career



and has served on several boards; received many honorary degrees from Canadian Universities and the University of Dundee; and was awarded the Queen Elizabeth II Diamond Jubilee medal and the Order of Canada.

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 use a private 24-seating bus for Brock House members and their guests only. During registration, please let Brock House know if you require vegetarian or gluten free options or have any other dietary restrictions.

Indian Arm Lunch Cruise

Board the MV Harbour Princess and cruise the calm inland waters of Burrard Inlet and Indian Arm: a dramatic glacial fjord. Stroll the deck, indulge in a freshly prepared buffet, and take in the beautiful sights.

Day	Date	Time	Limit of
Thurs.	Jun. 18	10:00am-4:30pm	24

Price: \$140 Members and Guests

Queen of Peace Monastery

This Dominican Nuns' Monastery is located at the base of Cloudburst Mountain in the Squamish Valley. Take a tour with Sister Claire, witness the sisters singing their morning hymns and visit the monastery's chapel and unique gift shop. Lunch by the river in Squamish at the Watershed Grill.

Day	Date	Time	Limit of
Tues.	May 5	8:30am - 4:45pm	24

Price: \$110 Members and Guests

Skagit Valley Tulip Festival (USA)

Every spring the Skagit valley area comes alive with a blaze of colour. Tip toe through the tulips between La Conner and Mt. Vernon before feasting on a BBQ Salmon lunch at the Kiwanis Club.

Day	Date	Time	Limit of
Mon.	Apr. 20	7:45am - 5:30pm	24

Price: \$110 Members and Guests

Victoria's Secret Gardens

Less well known but just as worthy, visit three of Vancouver Island's gardens. Get horticulturally inspired while having afternoon tea and visit Canada's largest Bonsai Garden. *Additional \$20 ferry fee for 64 years and under paid to driver during the trip.*

Day	Date	Time	Limit of
Tues.*	Jun. 2	7:15am - 7:15pm	24

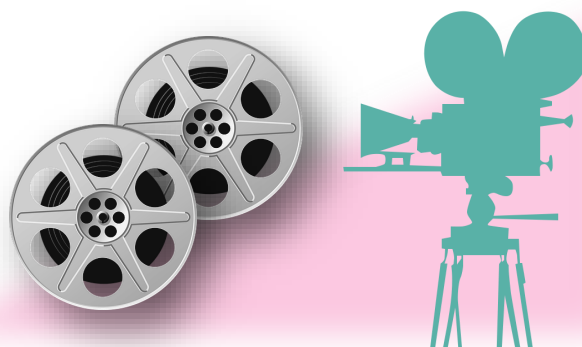
Price: \$150 Members and Guests

** Please note the day of the week is incorrect on the printed 2020 Spring Program Brochure.*

FRIDAY MOVIES

Join us on Friday afternoons for the latest in Brock House Entertainment! Come early, door closes at 1:00! Open to members & their guests.

Convenor: Chris Mewis			
Day	Time	\$	Location
Fri.	1:00 - 3:30	\$2 Exact change please!	Halpern Room
Dates	Movie Title & Description		
Apr. 17	Red Joan: A true story. An elderly housewife, Joan Stanley (Judi Dench) is accused of passing nuclear secrets to the Russians and is exposed as a British spy.		
Apr. 24	Judy: In 1968, at the end of her career, Judy Garland (Renee Zellweger) arrives in London to give a series of sold-out concerts. Flashbacks reveal earlier periods in her life.		
May 1	The Upside: A comedic look at the relationship between a wealthy quadriplegic (Bryan Cranston) and an unemployed man with a criminal record (Kevin Hart) who is hired to help him.		
May 8	The Good Liar: A con man (Ian McKellen) sets his sights on a wealthy widow (Helen Mirren). What should have been a simple swindle turns into a cat-and-mouse game.		
May 15	A Beautiful Day in the Neighborhood: A true story. A journalist interviews children's TV show host Fred (Mister) Rogers (Tom Hanks) and learns as much about himself as about his subject. A friendship develops.		
May 22	Little Women: Jo March (Saoirse Ronan) tells the story of the March sisters, four young women determined to live life on their own terms in the 1860s.		
May 29	Downtown Abbey: Continues the story of the TV series, and shows the visit of King George V and Queen Mary to the Crawley family's country estate.		



Donate to Brock House Society

Brock House Society is a charitable organization. Two of its purposes, as laid out in our Constitution, are to maintain our heritage building and to deliver a wide variety of free and fee-based activities for Vancouver's senior citizens. Direct costs of activities are covered by fees but the indirect costs of operating the society, including staff and maintenance costs, are funded from other sources, including membership fees and donations. We are also fortunate that we receive significant income from the Brock House Endowment Fund managed by the Vancouver Foundation, and from Brock House Restaurant.

Brock House Society was founded with donations and at critical times has been sustained by special donation campaigns. Each year, we ask our members to donate to Brock House Society to assist with the indirect costs. Donations may also be directed to our Care and Conservation Fund for major property improvements. You will receive a receipt for income tax purposes for donations of \$20 or more.

You can donate online at www.brockhousesociety.com by clicking the Fundraising tab, then the Donate link and you will be guided through the rest of the steps. If you would like to donate in person, please phone 604-228-1461 or visit the Office.



Thank you!

We want to extend a special thank you to *Bean Around the World Coffees* on 10th Ave (4456 W 10th Ave), which has made significant donations to the 2019 Brock House Christmas Fair and the Joan & Dick Stace-Smith Pancake Breakfast.

EST. 1978
BROCK HOUSE
restaurant

EXCEPTIONAL WEST COAST CUISINE, BREATHTAKING SEASIDE VIEWS

BROCK HOUSE RESTAURANT

Invite your family and friends to join us for the upcoming Spring events!

Sunday, April 12th - Easter Brunch Buffet - \$46* per adult | \$22* per child
Sunday, May 10th - Mother's Day Brunch Buffet - \$48* per adult | \$22* per child

★ 5% gst + 18% gratuity will be added on top of the cost per person

www.brockhouserestaurant.com | 604-224-3317 | catering@brockhouserestaurant.com

MEMBER BENEFITS

Besides the many free and fee-based activities and social events 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, relax by one of our fireplaces or sit in our cafeteria or 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. It is open for lunch Monday to Friday from 11:30am-1:00pm. Coffee and snacks are available Monday to Thursday from 9:00am-3:00pm and on Fridays from 9:00am-1:30pm. Members can also take a break from cooking with low-cost take-home meals.

PARKING

Members may park free with a Brock House parking sticker, 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 guests a 30% discount. The discount is available for evening dinner reservations only from 5:30pm onward from Wednesday to Sunday. The discount cannot be used for Sunday brunch or special event menus. Please call ahead Monday to Friday to make a reservation.

WOODWORKING SHOP

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

WI-FI & COMPUTER LAB

Wi-fi is available throughout the house.

The computer lab is equipped with eight PC laptops. Members can drop in on Monday afternoons for computer help on any type of 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 SPRING 2020

The House is open:

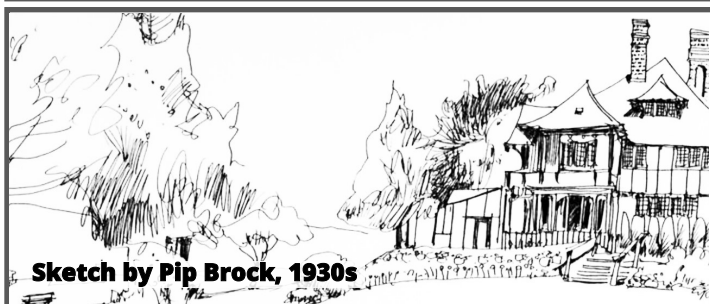
- Monday to Friday, 8:00am-4:00pm.
- Tuesdays, April 7 to May 12, 8:00am-5:30pm.

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 2020 calendar year is \$75 (GST included). Join by going to the website www.brockhousesociety.com, visit or call the office at 604-228-1461.



HEART HEALTH. COGNITIVE AGING. LIVING WITH PARKINSON'S.

THIS IS LEARNING AT AMICA



Our senior lifestyles residence invites you to an engaging lunch & learn series all about wellness and aging. Each session will include a delicious lunch prepared by our Red Seal Chefs.

HEART HEALTH

Monday, February 24
10:45 - 11:45am

Learn steps to keep your heart as healthy as possible.

RSVP by February 21

COGNITIVE AGING

Thursday, March 5
11:30am - 12:30pm

Presented by Dr. Heather Palmer,
Amica's National Director of
Cognitive Well-Being.

RSVP by March 2

LIVING WITH PARKINSON'S

Monday, April 20
10:45 - 11:45am

Helpful advice & resources
if you or a loved one are living
with Parkinson's.

RSVP by April 17

SEATING IS LIMITED • RSVP TO TRICIA AT 604-736-8936

AMICA

ARBUTUS MANOR

2125 EDDINGTON DR • AMICA.CA/ARBUTUSMANOR

**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



*Save
the
Date*

SATURDAY, JULY 11, 2020

3875 Point Grey Road - Jericho Beach

EVERYONE WELCOME!