

2019 FALL PROGRAMS & EVENTS









Remembrance Day TRIBUTE

Friday, November 8th @ 1:45 - 3:15pm

In the Conservatory, light refreshments in the Halpern Room after the program.

Cost: \$8.00 Members & Guests

Brock House Society members who are veterans may attend at no charge.

Tickets available in the office or online at www.brockhousesociety.com

Please register so we have an accurate count of those who are attending.

In Flanders Field

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Major John McCrae, 1915



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

Brock House Society

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

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Joanne Enns, Administrator

Staff

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

Contact Us

Brock House Society

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President's Message

Hello again. For those of you who have been away over the summer months and experienced those lazy, relaxed and loose times that only an exotic location, warm weather, sandy beaches and swaying palms can provide, welcome back home.

You have had your annual getaway and are now probably looking for more structured and purpose-driven events to anchor you back home. Well, that is exactly what we have waiting for you in this edition of our **Fall Program.**

It is our objective to provide you with a wide range of stimulating programs and events that will engage you. Once you've read through this brochure, I think you'll agree that we have achieved this.

Let us start with the **Free Programs:**

We have the usual Esther Birney Literary Art Series, Lunch with TED (current topics) and our Seniors' Services Series.

For something timely, we also have an appropriately named presentation called Location, Location, Location which explores issues in real estate.

Our Fee Based Programs include:

A variety of classes focusing on exercise, art, language, music appreciation, and writing are returning. If you are adventurous, be sure to consider a new ukulele class and a new class on our strange relationship with fiction.

Halpern Performing Arts will host two theatre style productions with "The Season of the Witch" on Thursday, Oct 31st and "An Actor's Christmas in Canada" with Bernard Cuffling on Tuesday, Dec 10th. And if you feel as though you still need to get away for a break, consider joining one of four day trips planned in the Lower Mainland including Manning Fall Folliage Tour on Tues. Oct. 8th and River Eagle Cruise on Friday, Nov. 15.

So much to enjoy but please feel free to contact us with your thoughts and ideas on future programs and events.

Peter Phillips

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

A WEEK AT A GLANCE

| | MONDAY | | TUESDAY | ⋝ | WEDNESDAY | | THURSDAY | | FRIDAY |
|---------------------|--|--------------------|---|-------------------------|---|---------------|---|--------------------|--|
| 8:30 - 9:30 | HW101 Balance, Posture & Strength | 8:15 - 9:45 | HW117 Yoga (90 min) Tuesday | 8:30 - 9:30 | HW102 Balance, Posture & Strength | 8:15 - 9:15 | HW118 Yoga Thursday | 8:30 - 9:30 | HW120 Yoga-Restorative/Yin |
| 8:30 - 9:30 | HW116 Yoga Monday | 8:45 - 9:45 | HW114 Tai Chi Level 3 - 24 Form & Mirror Image | 8:45 - 9:45 | HW112 Tai Chi Level 1 - 24 Form for Beginners | 8:45 - 9:45 | HW115 Tai Chi Level 4 - 24 & 48 Form | 9:00 - 12:00 | Artists' Group |
| 8:45 - 9:45 | HW113 Tai Chi Level 2 - 24 Form Part 2 | 9:00 - 3:45 | Workshop | 9:00 - 3:45 | Workshop | 9:00 - 12:00 | Woodworkers | 9:00 - 3:45 | Workshop |
| 9:00 - 12:00 | Woodworkers | 9:30 - 10:30 | | 9:35 - 10:50 | HW106 Stretch & Strength | 9:00 - 10:30 | LG104 Italian - Beginners | 9:30 - 10:30 | HW 122 Zumba |
| 9:30 - 11:30 | Yarns & Needle Crafts | 9:50 - 10:50 | | 10:00 - 11:00 | Essential Oils - An Introduction | 9:00 - 10:00 | HW119 Yoga-Restorative/Yin | 10:00-12:00 | Writers' Circle |
| 9:30 - 11:00 | LG101 French - Beginners | 10:00 - 12:00 | BR102 Intermediate Bridge | 10:00 - 11:00 | Pole Walkers (Out of House) | 9:00 - 10:45 | Suk Fen's Music | 10:00-12:00 | IP104 Legendary Performers |
| 9:30 - 11:30 | AR101 Magical Mixing of Watercolour | 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 | IP106 Our Strange Relationship with Fiction |
| 9:30 - 12:00 | Handbells (Out of House) | 10:30-11:30 | Tuesday Lecture Series | 10:00 - 12:00 | WR101 Write From the Heart | 9:50 - 10:50 | HW111 Qigong | 10:00-12:00 | BH Big Band (Out of House) |
| 9:35 - 10:50 | HW105 Stretch & Strength | 10:30-12:00 | BH Big Band (Out of House) | 10:00 - 12:00 | Porcelain Painters | 10:00-12:00 | Life Writing | 10:00 - 3:30 | Billiards |
| 10:00 - 3:30 | Billiards | 11:00-12:00 | Spanish - Beginners | 10:00 - 12:00 | Brock House Orchestra | 10:00 - 3:00 | Cyclists (Out of House) | 10:45 - 12:45 | Table Tennis |
| 10:30 - 12:00 | Travel Series | 11:30-12:30 | Indigenous Studies | 10:00 - 3:30 | Billiards | 10:00 - 3:30 | Billiards | 12:30 - 1:30 | (Oct. 4) IP105 Magic Workshop 2.0 |
| 11:15 - 12:45 | LG102 French - Intermediate | 11:30 -12:30 | HW108 Chair Yoga Intermediate | 10:30 - 12:00 | Cryptic Crosswords Group | 10:30 - 11:45 | Esther Birney Literary Series | 12:30 - 3:30 | Social Bridge |
| 11:30 -12:45 | HW109 Line Dancing | 12:00 - 1:00 | Spanish - Intermediate | 12:15 - 3:30 | Mah Jong | 11:15-12:15 | HW104 Osteofit | 1:00 - 3:00 | IP102 Genealogy - The Next Step |
| 12:00 - 1:00 | Lunch with TED | 12:15 - 1:15 | HW103 Osteofit | 12:30 - 3:30 | Table Tennis | 12:00 - 3:30 | Duplicate Bridge | 1:00 - 3:30 | Friday Movies |
| 12:00 - 2:00 | Absolute Beginners Bridge | 12:30-2:30 | IP101 Art History | 1:00 - 3:00 | BH Chamber Players | 12:00 - 3:45 | Workshop | 1:15 - 3:15 | Book Club #1 (last Friday of the month) |
| 12:00 - 3:45 | Workshop | 12:30-2:30 | BR101 Advanced Bridge | 1:00 - 3:00 | Cryptic Crosswords for Beginners | 1:00 - 3:00 | Brock House Jazz Band | 2:00 - 3:00 | Location, Location, Location |
| 1:00 - 2:00 | HW107 Chair Yoga - Beginners | 1:00 - 3:00 | Chess | 1:30 - 3:30 | Seniors' Services Series Part 2: Presentations | 1:00 - 3:00 | IP103 Great Composers from Bach to Mozart | | |
| 1:00 - 3:00 | Play Reading | 1:00 - 3:00 | BH Kerrisdale Choir (Out of House) | 1:30 - 4:00 | Handbells (Out of House) | 1:00 - 3:00 | Scrabble | | |
| 1:00 - 3:00 | Computer Drop-In | 1:15 - 3:00 | Philosophy Discussion Group | | | 1:00 - 3:00 | Chess | | |
| 1:00 - 3:30 | Table Tennis | 1:30 - 3:30 | Canasta | | | | | | |
| 1:15 - 3:15 | Death Café (3rd Monday of the month) | 1:30 - 3:00 | IP107 Wine Course - Southern Hemisphere | | | | | | |
| 1:30 - 3:00 | LG103 French - Advanced | 2:00 - 3:00 | MS101 Ukulele Lessons | | | | | | |
| 1:30 - 3:00 | Sing-A-Long | | | | | | | | |
| | | | | SPECIAL | SPECIAL EVENTS and TOURS | | | | |
| 10:00am - 3:45pm | (Sept. 23) Tour: Indian Arm Iuncheon Cruise | 6:00pm - 8:00pm | (Sept. 24) An Evening Social Event | 11:15, 12:00 & 12:45 | (Dec. 11) Brock House Christmas Luncheon | 1:00 - 3:00 | (Sept. 12) Volunteers Appreciation | 11:30 - 1:00 | (Sept. 13) Theatre Group Planning Session |
| | | 7:45am - 6:00pm | | 1:30-3:30 | (Sept. 25) New Members' Reception | 1:45 - 3:15 | (Oct. 31) HPA Event: Season of the Witch | 12:00 - 1:00 | (Sept. 20) Men's Lunch |
| | | 1:45 - 3:15 | (Dec. 10) HPA Event Bernard Cuffling An Actor's Christmas in Canada | | | | | 1:45 - 3:15 | (Nov. 8) Remembrance Day Tribute |
| | | | | | | | | 8:15am - 6:00pm | (Nov. 15) Tour: River Eagle Cruise |
| | | | | | | | | 10:00 - 3:30 | (Nov. 29) Christmas Chicago Bridge with Lunch |
| | | | | | | | | 8:45am - 5:00pm | (Dec. 6) Tour: Christmas in the Country |
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REGISTRATION INFORMATION

How to Register

There are 3 easy ways to register:

- **Online:** www.brockhousesociety.com (Members must sign in first)
- **In Person:** Visit the Society office and a volunteer will help you
- **By Phone:** Call the Society office at 604-228-1461

You may register for one other member only.

When to Register

- Registration FOR ALL CLASSES commences
 Thursday, August 22. Programs will be visible on the website at 9:00 a.m.
- Registration for TOURS and SOCIALS is available now.
- Fees for classes and events include GST.

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

DROP-IN-POLICY

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

2019 CLOSURE REMINDERS

Brock House will be closed on these dates:

- Mon. Sept. 2 Labour Day
- Mon. Oct. 14 Thanksgiving Day
- Mon. Nov. 11 Remembrance Day
- Mon. Dec. 23 to Wed. Jan. 1
 - Christmas Holidays

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

CANCELLATION POLICY

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

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.

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

SPECIAL EVENTS AT A GLANCE

- Thurs. Sept. 12: Volunteers Appreciation
- Wed. Sept.25:
 New Members Reception
- Thurs. Oct. 31:
 Halpern Performing Arts Event:
 The Season of the Witch
- Fri. Nov. 8: Remembrance Day Tribute
- **Sat. Nov. 23**Brock House Christmas Fair
- Tues. Dec.10:
 Halpern Performing Arts Event: Bernard Cuffling: An Actor's Christmas in Canada

ARTS & CRAFTS

Artists' Group -

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.

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

Porcelain Painting -

Learn to apply your painting skills to white china or refine your technique with the Brock House Porcelain Painters. We use powdered mineral colours which are ground into an oil base and then applied to china which is fired in the Brock House kiln. Our painters produce quality pieces for their own pleasure and for sale at Society fundraisers. Supplies are available to get you started and we can recommend sources for your specific needs. We take pleasure in helping each other and guiding beginners. Come and enjoy a lovely art form with experienced peers!

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

Yarns & Needle Crafts -

Members of this group knit, crochet and stitch 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, quilting, embroidery, weaving, etc.

| Convend | Convenors: Dorothy Simons, Carol Jackson | | | | | |
|----------|--|-------------------------|--|--|--|--|
| Day | Day Time Location | | | | | |
| Mon. | Mon. 9:30-11:30 Meyer Room | | | | | |
| No Meeti | ngs: Sept. 2, Oct. | 14 & Nov. 11 (Holidays) | | | | |

AR101 -

Magical Mixing of Watercolours

We will continue to explore the magical mixing of watercolour using wet in wet and splatter techniques. First, we will focus on end-of-summer themed paintings followed by fall scenes and finish with a holiday/Christmas scene that can be used for a greeting card. 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 10.

| Instructor: Jennifer Burrows | | | | | | |
|---|------------|-------------|-------------|---|--|--|
| Day Dates Time \$ Location | | | | | | |
| Mon. Sept. 9 - 9:30-11:30 \$100/ Art Room Nov. 25 10 weeks | | | | | | |
| | Nov. 25 | | 10 weeks | | | |
| No Cla | sses: Oct. | 14 & Nov. 1 | 1 (Holidays |) | | |

BRAIN CHALLENGERS

Cryptic Crosswords for Beginners — FREE

Brain Gym. This is a chance to be stimulated and to have fun while being introduced to the wily ways of cryptics. This introductory course is designed to teach people who have no previous experience in solving cryptic crossword puzzles. People with experience are welcomed to join us. Please register through the office. Learning materials are provided but having a 3-ringed binder is recommended. If you wish to drop in on the first class to see if this is your cup of tea, please let the office staff know that is your intention. Pre-registration required. Limit 15.

| Instructor: Maggie Sherlock | | | | | | |
|-----------------------------|---------------------------------|-----------|---------------|--|--|--|
| Day | Dates | Time | Location | | | |
| Wed. | Sept. 25 - Oct. 30 (6 weeks) | 1:00-3:00 | Meyer Room | | | |

Cryptic Crosswords Group — FREE

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

| Conven | Convenor: TBA | | | | |
|--------|---------------|-------------------------|--|--|--|
| Day | Time | Location | | | |
| Wed. | 10:30 - 12:00 | Conservatory (west end) | | | |

BRIDGE

Absolute Beginners Bridge — FRE

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

| Instructor: Glenda Affleck | | | | | |
|----------------------------------|----------------------|------------|--------------|----------|--|
| Day Dates Time Duration Location | | | | | |
| Mon. | Sept. 30 - Dec. 9 | 12:00-2:00 | 9 weeks | Art Room | |
| No Cla | asses: Oct. | 14 and Nov | . 11 (Holida | ys) | |

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. | Thurs. 12:00 - 3:30 Art/Begg/Games Room | | | | |
| \$1/sessi | on | | | | |

Social Bridge

FREE

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

| Conver | Convenor: Mary Bliss | | | | |
|--------|----------------------|-----------|--|--|--|
| Day | Time | Location | | | |
| Fri. | 12:30-3:30 | Begg Room | | | |

Supervised Bridge Play —

FRE

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

Preregistration required. Limit of 16.

| Instructor: Glenda Affleck | | | | | | |
|-----------------------------------|----------------------|-------------|--------------|----------|--|--|
| DayDatesTimeDurationLocation | | | | | | |
| Mon. | Sept. 30 - Dec. 9 | 2:05 - 3:35 | 9 weeks | Art Room | | |
| No Cla | asses: Oct. | 14 and Nov | . 11 (Holida | vs) | | |

BR101 Advanced Bridge

This course is designed to teach some basic tools to bid in a more competitive game that typically occurs in duplicate bridge. This will include takeout doubles, cue bid raises, balancing and sacrificing. Classes will involve a lesson followed by supervised play on lesson hands. Social bridge players will also benefit from this class, though a knowledge of the basics of bridge will be expected of the players. Limit of 20.

| Instru | Instructor: Brian Stone | | | | |
|--------|-------------------------|------------|------------------|----------|--|
| Day | Dates | Time | \$ | Location | |
| Tues. | Sept. 10 - Oct. 29 | 12:30-2:30 | \$80/ 8 weeks | Art Room | |

BR102 Intermediate Bridge

These lessons are aimed at players who know the basics of bridge and now are looking to add a few conventions and new techniques to their game. The bidding section will cover some of the basic conventions of bridge such as takeout doubles, negative doubles and pre-empts, among other similar conventions. The declarer play section will cover several types of finesses and various methods of developing tricks. On defense, we will look at the various guidelines such as "second hand low" and "third hand high" with an emphasis on understanding the principles behind these sayings. A large portion of each lesson will be devoted to supervised play. Limit of 20.

| Instructor: Brian Stone | | | | |
|----------------------------|-----------------------|-------------|------------------|----------|
| Day Dates Time \$ Location | | | | |
| Tues. | Sept. 10 - Oct. 29 | 10:00-12:00 | \$80/ 8 weeks | Art Room |

Christmas 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 Hanington | | | | | |
|---------------------------|----------------------------------|------------|-----------------|--|--|
| Day | Date | Time | \$ | | |
| Fri. | Nov. 29 | 10:00-3:30 | \$20 per person | | |
| Locat | Location: Begg Room/Conservatory | | | | |

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 | 1:00-3:00 Computer Room | | |
| No Sessions: Oct. 14 and Nov. 11 (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 George Challies at brockcycle1@gmail.com.

| Convenor: George Challies | | | |
|---------------------------|--|--|--|
| Day Time Location | | | |
| Thurs. 10:00 Out of House | | | |

Essential Oils - An Introduction - FREE

Essential oils are everywhere these days, and the sheer volume and selection can be overwhelming. In this fun-filled 4-week course, you will find out what the fuss is, why some oils cost less than others, and receive some hands-on experience in using them. Aroma Alert: due to the aroma-filled nature of this course, people with extreme scent allergies should not register. Preregistration required. Limit of 8.

| Instructor: Vera Enshaw | | | | |
|--------------------------------|--|--------|----------|----------|
| Day | Dates | Time | Duration | Location |
| Wed. | Sept. 18 - Oct. 9 | 10:00- | 4 weeks | Meyer |
| | Oct. 9 | 11:00 | | Room |
| Date | Description | | | |
| Sept. 18 | The basics - discover essential oils: where they come from, why and when you would use them. | | | |

| Date | Description |
|----------|--|
| Sept. 25 | Ramp it up - the exotic oils. What are they, and why would you use them? |
| Oct. 2 | What's in this blend? Find out about blends - why use pre-blended oils, learn to create your own simple blend. |
| Oct. 9 | Make a personalized essential oil product: massage oil, bath bomb, smelling salts or bath salts. |

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 September & October hikes meet at 8:15am and leave at 8:30am sharp unless otherwise noted. All November & December hikes meet at 8:45am and leave at 9:00am sharp unless otherwise noted. All hikes leave from 10th Ave. and Larch (to arrange for carpools). 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.

| Convend | Convenors: Margit Arthur, 604-224-6627 Jane McDonald, 604-264-1250 | | | |
|----------|--|------------------|--|--|
| Day | Time | Location | | |
| Sat. | 8:15am in Sept. & Oct. | Out of House | | |
| Date | Hiking Trail & Contact | | | |
| Sept. 7 | Blue Gentian Lake, Marg | rit 604-224-6627 | | |
| Sept. 14 | A) Buntzen Lake - Upper Circuit, Mike D 604-790-6853 B) Buntzen Lake - Lower Circuit, Renate 604-739-7680 | | | |
| Sept. 21 | (departs at 7:00am) Chain Lakes, Jane 604-264-1250 | | | |
| Sept. 28 | Golden Ears Park: A) Gold Creek West Loop <i>Mike 604-790-6853</i> B) Gold Creek Falls to Vie <i>Joanne 604-433-1044</i> | ewpoint Beach, | | |
| Oct. 5 | Hollyburn, <i>Eileen 604-221-0875</i> | | | |
| Oct. 12 | SFU from North Road, Tomina 604-736-1874 | | | |
| Oct. 19 | Minnekhada, <i>Eliz 604-683-3203</i> | | | |
| Oct. 26 | Light House Park, <i>Alida 604-676-0077</i> | | | |



SUSE Pociety Where Seniors Stay *Young*

| Hikers (| Hikers Cont'd | | | | |
|----------|---|-----------------|--|--|--|
| Day | Time Location | | | | |
| Sat. | 8:45am in Nov. & Dec. | Out of House | | | |
| Date | Hiking Trail & Contact | | | | |
| Nov. 2 | Hastings Lynn Loop, Kat | ie 604-738-8189 | | | |
| Nov. 9 | A) Twin Canyons original Loop, Jane 604-264-1250 B) Twin Canyons modified Loop, Margit 604-224-6627 | | | | |
| Nov. 16 | Coquitlam River Salmon Run, Margit 604-224-6627 | | | | |
| Nov. 23 | Mosquito Creek, <i>Tomina 604-736-1874</i> | | | | |
| Nov. 30 | Sasamat Belcarra Loop, <i>Charles 604-224-6627</i> | | | | |
| Dec. 7 | Academy Trail, <i>Josie 604-518-5763</i> | | | | |
| Dec. 14 | Capilano Canyon, <i>John W 604-565-6284</i> | | | | |
| Dec. 21 | Pacific Spirit Park, <i>Grace 604-261-4498</i> | | | | |
| Dec. 28 | Steveston from No. 3 Ro Cathie 604-683-1083 | ad, | | | |

Pole Walkers ——

FREE

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

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

HW101 & HW102 —————Balance, Posture & Strength

This is a moderate/challenging 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. Folks who are at high risk for falls are not recommended to take this class. If in doubt, please contact the class instructor through the office for more information. Limit of 15.

| HW101 Balance, Posture & Strength (Mon) | | | | | | |
|---|---|------------|------------|----------|--|--|
| Instru | Instructor: Provided by Love Your Age Fitness Inc. | | | | | |
| Day | Day Dates Time \$ Location | | | | | |
| Mon. | | 8:30-9:30 | \$120/ | Activity | | |
| | Dec. 9 | | 12 weeks | Room | | |
| No Cla | sses: Oct. | 14 and Nov | 11 (Holida | ys) | | |
| HW10 |)2 Balanc | e, Posture | & Streng | th (Wed) | | |
| Day | Dates | Time | \$ | Location | | |
| Wed. | Sept. 11 | 8:30-9:30 | \$130/ | Activity | | |
| | - Dec. 11 | | 14 weeks | Room | | |

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 an easy 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. Anyone with mobility challenges including those using mobility aids (walkers/canes) are welcome to join. Limit of 15.

| HW10 | HW103 Osteofit Tuesdays | | | | | |
|--------|---|-------------|--------------------|------------------|--|--|
| Instru | Instructor: Provided by Love Your Age Fitness Inc. | | | | | |
| Day | Day Dates Time \$ Location | | | | | |
| Tues. | Sept. 10 - Dec. 10 | 12:15-1:15 | \$130/ 14 weeks | Activity Room | | |
| HW10 | 4 Osteof | it Thursday | ys | | | |
| Day | Dates | Time | \$ | Location | | |
| Thurs. | Sept. 12 - Dec. 12 | 11:15-12:15 | \$130/ 14 weeks | Activity Room | | |

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 cardio-vascular 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. This class is suitable for all levels, including those with some mobility and balance restraints wishing to safely challenge themselves. Limit of 15.

| U | , | J | | | | |
|----------------------------------|---|-------------|--------------------|------------------|--|--|
| HW105 Stretch & Strength Mondays | | | | | | |
| Instru | Instructor: Provided by Love Your Age Fitness Inc. | | | | | |
| Day | Dates | Time | \$ | Location | | |
| Mon. | Sept. 9 - Dec. 9 | 9:35-10:50 | \$140/ 12 weeks | Activity Room | | |
| No Cla | sses: Oct. | 14 and Nov. | 11 (Holida | ys) | | |
| HW10 | HW106 Stretch & Strength Wednesdays | | | | | |
| Day | Dates | Time | \$ | Location | | |
| Wed. | Sept. 11 - Dec. 11 | 9:35-10:50 | \$160/ 14 weeks | Activity Room | | |

HW107 Chair Yoga for Beginners -

Have you ever considered 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! This beginners class is great for anyone who has never tried chair yoga. Limit of 16.

| Instructors: Erica Levy & Bonnie Anderson | | | | | |
|--|---------------------|-----------|---------|----------|--|
| Day | Dates | Time | \$ | Location | |
| Mon. | Sept. 9 - Dec. 9 | 1:00-2:00 | \$80/ | Begg | |
| | Dec. 9 | | 9 weeks | Room | |
| No Classes: Sept. 16, Oct.14, Oct. 21, Nov. 11 and | | | | | |

HW108 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 16.

| Instructor: Erica Levy | | | | |
|--------------------------|------------|-------------|----------|------|
| Day Dates Time \$ Locati | | | | |
| Tues. | Sept. 10 - | 11:30-12:30 | \$110/ | Begg |
| | Dec. 10 | | 14 weeks | Room |

HW109 Line Dancing _

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

| Instructor: Lisa Dong | | | | | |
|-----------------------|-----------|----------------|----------|-----------|--|
| Day | Dates | Time | \$ | Location | |
| Mon. | Sept. 9 - | 11:30 -12:45 | \$80/ | Activity | |
| | Dec. 9 | | 10 weeks | Room | |
| | | . 14, Oct. 28, | | d Nov. 11 | |

HW110 Meditation -

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

| Instructor: Kelly Maclean | | | | | |
|---------------------------|-----------------------|------------|--------------------|---------------|--|
| Day | Dates | Time | \$ | Location | |
| Tues. | Sept. 17 - Dec. 10 | 9:50-10:50 | \$110/ 13 weeks | Games Room | |

HW111 Qigong (Ch'l Kung) I -

Qi is energy. *Gong* is skill, or training. *Qigong* is the ancient Chinese practice of cultivating vital energy in the body, and moving it through the meridians. It is a gentle form of exercise that nurtures mindful awareness. There are many kinds of Qigong, involving breath work, movement, posture, sound, visualization, and meditation. Various forms are done sitting, standing lying down, or walking. Qigong reduces stress, increases mobility, improves health and develops concentration. **Limit of 12**.

| Instructor: Kelly Maclean | | | | | |
|---------------------------|-----------------------|------------|--------------------|----------|--|
| Day | Dates | Time | \$ | Location | |
| Thurs. | Sept. 19 - Dec. 12 | 9:50-10:50 | \$110/ 13 weeks | Art Room | |

HW112, HW113, HW114 & HW115 - Tai Chi Classes

HW112 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. | Sept. 18 - Dec. 4 | 8:45- 9:45 | \$100/ 12 weeks | Conservatory | |



HW113 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. | Sept. 16 - Dec. 9 | 8:45- 9:45 | \$90/ 11 weeks | Conservatory | |
| No Classes: Oct. 14 & Nov. 11 (Holidays) | | | | | |

HW114 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. | Sept. 17 | 8:45- | | Conservatory |
| | - Dec. 10 | 9:45 | 13 weeks | |

HW115 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. | Sept. 19 - | 8:45- | \$110/ | Conservatory |
| | Dec. 12 | 9:45 | 13 weeks | |

HW116, HW117, HW118 — 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.

| HW116 Yoga Mondays (60min) | | | | | |
|----------------------------|-----------------------|-------------|--------------------|-----------------|--|
| Instructor: Leah | | | | | |
| Day | Dates | Time | \$ | Location | |
| Mon. | Sept. 9 - Dec. 9 | 8:30-9:30 | \$100/ 12weeks | Halpern Room | |
| No cla | sses: Oct. 1 | 4 & Nov. 11 | (Holidays) | | |
| HW11 | 17 Yoga T | uesdays (| 90min) | | |
| Instru | ı ctor: Alysl | nia | | | |
| Day | Dates | Time | \$ | Location | |
| Tues. | Sept. 10 - Dec. 10 | 8:15-9:45 | \$180/ 14 weeks | Begg Room | |

| HW118 Yoga Thursdays (60min) | | | | | |
|------------------------------|-----------------------|-----------|---------|----------|--|
| Instructor: Leah | | | | | |
| Day | Dates | Time | \$ | Location | |
| Thurs. | Sept. 12 - Dec. 12 | 8:15-9:15 | | Halpern | |
| | Dec. 12 | | 14weeks | Room | |

HW119 & HW120 Restorative/Yin Yoga Classes

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.

| Instructor: Alyshia | | | | | |
|---------------------|------------------------------------|------------|----------|----------|--|
| Day | Dates | Time | \$ | Location | |
| Thurs. | Sept. 12 - | 9:00-10:00 | \$120/ | Begg | |
| | Dec. 12 | | 14 weeks | Room | |
| HW12 | HW120 Restorative/Yin Yoga Fridays | | | | |
| Instructor: Alyshia | | | | | |
| | | Time | S | Location | |
| Day | Dates | IIIIIE | 7 | | |
| Day Fri. | | 8:30-9:30 | \$100/ | Begg | |

HW121 & HW122 — 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.

| HW1 | HW121 Zumba Tuesdays | | | |
|---|----------------------------|------------|--------|----------|
| Instru | Instructor: Asal Nikoopour | | | |
| Day | Dates | Time | \$ | Location |
| Tues. | Sept. 17 - | 9:30-10:30 | \$100/ | Activity |
| Tues. Sept. 17 - 9:30-10:30 \$100/ Activity | | | | |
| Substitute teacher on Oct. 15 | | | | |

| HW1 | HW122 Zumba Fridays | | | | | |
|-------|--|------------|--------|----------|--|--|
| Day | Day Dates Time \$ Location | | | | | |
| Fri. | Sept. 20 - | 9:30-10:30 | \$100/ | Activity | | |
| | Fri. Sept. 20 - 9:30-10:30 \$100/ Activity | | | | | |
| Subst | Substitute teacher on Oct. 11 & Oct. 18 | | | | | |

INDOOR GAMES

Billiards FREE

Key in office.

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

Canasta FRE

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

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

Chess FREE

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

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

Mah Jong

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

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

Scrabble — FREE

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

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

Table Tennis — FREE

Come and join other members for a fun game of table tennis! Although it is generally thought of as a leisure activity, table tennis actually has many health and wellness benefits. Individuals who play table tennis regularly can expect improved reflexes and hand-eye coordination while strengthening the muscles of the arms, back and abdomen. Please contact the office if you wish to speak to someone from the Table Tennis Group.

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

INTELLECTUAL PURSUITS

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.

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 | | |
| Sept. 4 | Why do we care | Why do we care about the truth? | |
| Sept. 11 | Why are the majority of homeless people men? | | |
| Sept. 18 | How can Canada protect our interests in the Arctic? | | |
| Sept. 25 | HOT TOPIC | | |
| Oct. 2 | What is the value of giving? Time, money, of yourself. | | |



SUSE Society Where Seniors Stay *Young*

| Discussion Series Cont'd | | |
|--------------------------|--|--|
| Date | Description | |
| Oct. 9 | Has over-medication become a health problem and should pharmaceutical companies share part of the blame? | |
| Oct. 16 | In the era of spell check and auto- correct, does it matter that kids can't spell? | |
| Oct. 23 | Should Canada have an elected Head o State? | |
| Oct. 30 | HOT TOPIC | |
| Nov. 6 | How do you put meaning into your life | |
| Nov. 13 | If seeing the world helps ruin it, should we stay home instead of travel? | |
| Nov. 20 | Considering many people on earth do not have their basic needs met, should we still invest in space exploration? | |
| Nov. 27 | What facilities and services should we provide for the mentally ill? | |
| Dec. 4 | HOT TOPIC | |
| Dec. 11* | Quality of life in Vancouver: Getting better or getting worse? | |
| Dec. 18 | Is it important to retain your cultural identity and why? | |
| | the Brock House Christmas Luncheon or the group will meet in the Games Room. | |

Esther Birney Literary Arts Series — FREE

Please make room on your calendar for this exciting literary series! Each session has a knowledgeable presenter and the topics are intriguing. You will be sure to enjoy this well curated series.

| Conveno | r: Glenys Acland | |
|---------|---|--|
| Day | Time | Location |
| Thurs. | 10:30-11:45 | Halpern Room |
| Date | Title & Descrip | tion |
| Oct. 3 | Presenter: Phillips Southeast Asia Professor Phillips of Singapore and in English, has a National University a brief of neglected aspectand then examincluding decorations. | In Holden In Writing in English: I Holden, a noted scholar I Southeast Asian literature I recently retired from the Isity of Singapore. He will I verview of this largely It of Anglophone literature I mine several themes I colonization, postcolonial |
| | and then exa | imine several theme olonization, postcoloni |

| Date | Title & Description |
|---------|---|
| Oct. 10 | Presenter: Judge Nancy Morrison In the Courtroom with Judge Nancy Morrison: Author of Benched: A Passion for Law Reform, Judge Morrison's perspective is a unique one; that of a lawyer for 50 years, a judge for 24 years and a woman always, within the boy's club. "The book provides insightful observations about cases and causes in which Nancy was involved or led the way. A fascinating read." — Hon. Patrick LeSage, Former Chief Justice of the Ontario Superior Court of Justice |
| Oct. 17 | Presenter: Beryl Young One Writer's Life: Beryl Young is the author of several critically acclaimed books for children, including Charlie: A Home Child's Life in Canada; Would Someone Please Answer the Parrot!; and most recently Miles to Go which is a powerful and poignant story of two young girls' friendship, family, loss, and loyalty, set in 1940s Saskatchewan. |
| Oct. 24 | NO LECTURE - ROOM UNAVAILABLE |
| Oct. 31 | Presenter: David Webb Nationalism Through the Life and Work of Dylan Thomas: 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'. |
| Nov. 7 | Presenter: Helen Wilkes & Olga Campbell Everyone Can Say Yes to Life: The Aging of Aquarius: Igniting Passion and Purpose as an Elder is valuable not just for those who are retired or pondering it. Helen Wilkes' book is about living well, and that makes it a valuable volume for people of any age. Olga Campbell is a visual artist and author living in Vancouver BC. She has written two books, Graffiti Alphabet (2009) and A whisper Across Time (2018) |

| Esther B | Esther Birney Literary Arts Series Cont'd | | |
|----------|---|--|--|
| Date | Title & Description | | |
| Nov. 14 | Presenter: Dr. Patricia Merivale My Journey Through the City of Books: From Highbrow Detection to Climate Fiction: This is Dr. Patricia Merivale's second lecture on the metaphysical detective story which she began with a remarkable lecture on Poe and his followers last Autumn. Dr. Merivale taught English and Comparative English for almost 40 years at UBC and co-edited a volume on the metaphysical detective story. | | |
| Nov. 21 | Presenter: <i>Dr. Mary Davison</i> Homer's Odyssey: from history to myth and back again: Beginning with a map of the Mediterranean, the talk will briefly review what archaeologists have discovered, then focus on the story itself, including the shifts in gender stereotyping between 1200 and 450 BC and the reasons why all the Homeric poems have been treated as textbooks ever since. Dr. Mary Davison has had a remarkable and varied academic career. She received an MA in Art History and a PHD in English from Stanford and is a Greek scholar. | | |
| Nov. 28 | NO LECTURE - ROOM UNAVAILABLE | | |
| Dec. 5 | No Presenter - Showing of the film. Revolution on Stage: Bertolt Brecht's Threepenny Opera Part 1: The film Threepenny Opera (1928) was an immediate success with audiences in Germany and around the world. It was also a powerful attack against dramatic and aesthetic conventions that would permanently alter the course of theatre and cinema and would lay the foundation for Brecht's status as one of the most significant art theorists of the twentieth century. | | |
| Dec. 12 | Presenter: Florian Gassner Revolution on Stage: Bertolt Brecht's Threepenny Opera Part 2: Florian Gassner is a Fellow of the New Europe College, has taught at Mount Allison University and joined the University of Kassel as a guest professor in 2016/17. His areas of specialization include the cultural history of Central and Eastern Europe and the interplay between music, religion and literature. | | |

Indigenous Studies @ -

- FREE

We will be discussing the book 21 Things You May Not Know About the Indian Act by Bob Joseph. This book is for people who want to walk with informed minds and hearts along the path of reconciliation' (from the introduction). It will be available for purchase (\$20) to group participants. It comes highly recommended by several Indigenous groups and leaders as well as Shelagh Rogers. Come to group sessions prepared to discuss agreed-upon sections of the book. Pre-registration required. Limit of 10.

| Convenor: Henriette Orth | | | | |
|--------------------------|-----------------------|-------------|----------|---------------|
| Day | Dates | Time | Duration | Location |
| Tues. | Sept. 24 - Nov. 26 | 11:30-12:30 | 10 weeks | Meyer Room |

Location, Location, Location - FREE

The modern real estate mantra "location, location, location" names an idea that has long dictated where we choose to settle: as individuals, as communities, and as nations. These lectures will explore the important role our surroundings have on the way we interact with and understand the world around us. All speakers are Langara faculty.

| Convenors: Henriette Orth, Virginia O'Connell, Jane Dunlop and Glenys Acland | | | |
|---|--|-----------|--|
| Day | Time | Location | |
| Fri. | 2:00 - 3:00 | Begg Room | |
| Date | Topic | | |
| Sept. 20 | A Volcano in the Backyard Affects Resale Value: Pompeii & Herculaneum with Jen Knapp | | |
| Sept. 27 | Camelot: A Cautionary Tale of Unreal Estate with Jessica Hemming | | |
| Oct. 4 | Istanbul, not Constantinople: Why <i>Did</i> Constantinople Get the Works? <i>with Niall Christie</i> | | |
| Oct. 11 | Rooms for Rent: Unpacking the Houses of Edgar Allan Poe with Erin Robb | | |
| Oct. 18 | From a 'city in crisis' to the City of Light: Urban Transformation in Nineteenth- Century Paris <i>with Paisley Mann</i> | | |
| Oct. 25 | The Frontier: On the Edge of Utopia and Dystopia with Craig Keating | | |
| Nov. 1 | Utopia in the Big Apple: Is it Possible? (Two Novels Set in NYC) with Stefan Haag | | |



Where Seniors Stay Young

Lunch with TED

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

| Convenor: Lyz Sayer and Vera Morgan | | |
|-------------------------------------|--|---|
| Day | Time | Location |
| Mon. | 12:00 - 1:00 | Halpern Room |
| Date | Description | |
| Sept. 9 | How Things Spr | read |
| | Sophie Scott: W | hy is Laughter Contagious? |
| | | nat Makes an Idea go Viral? |
| | Derek Sivers: F | low to Start a Movement. |
| Sept. 16 | Aspects of Hum | |
| | | An Architect's Subversive |
| | | the US-Mexico Border Wall. This is What Happens |
| | | oly to Spam Email. |
| | | A Saudi, an Indian and an |
| | Iranian walk ir | nto a Qatari bar. |
| | Improv Everyw | here: Who You Gonna Call? |
| Sept. 23 | Healthy Living I | • |
| | | How to Live to be 100+. |
| | | sen: Why Should We Look |
| | Forward to Getting Older. • Isabelle Allende: Is Aging Really So Bad? | |
| Sept. 30 | Emotion/Love | |
| 3cpt. 30 | Helen Fisher: The Brain in Love. | |
| | • Robert Grant: Beautiful minds are free | |
| | from fear. | |
| Oct. 7 | Becoming Wise | |
| | | g: Be Humble - And Other |
| | | the Philosophy of Water. |
| | from kids. | What Adults Can Learn |
| | | er: Wisdom from Great |
| | | ery Year of Your Life. |
| | Dan Gilbert: When Do We Become the | |
| | Final Version of Ourselves? | |
| Oct. 14 | Thanksgiving Day - Brock House Closed | |
| Oct. 21 | Technology | |
| | | th-Haram: How Augmented |
| | Surgery. | Change the Future of |
| | Sajan Saini: The Hidden Network that | |
| | | ernet Possible. |

| Date | Description |
|-------------------|---|
| Oct. 21 Cont'd | Christopher Poole: The Case of Anonymity Online. Alexis Ohanian: How to Make a Splash in Social Media. |
| Oct. 28 | Where Joy Hides Simone Giert: Why You Should Make Useless Things. Ingrid Fetell Lee: Where Joy Hides and How to Find It. Charlie Todd: The Shared Experience of Absurdity. |
| Nov. 4 | Deadly Sins Christopher Ryan: Are We Designed to be Sexual Omnivores? Mick Cornett: How Did an Obese City Lose A Million Pounds? |

Philosophy Reading & ——— FRE Discussion Group

Part 8 - Philosophy Since the 1960s/Contemporary Continental Philosophy or Postmodernism. In this course —designed as a beginner's study of philosophy —we will be covering a variety of philosophical questions, including: How do we come to acquire knowledge? What is it possible to learn? What has been the influence of philosophy on morality and the theory of art? In addition, we will read and discuss contemporary Literature Theory and the teaching of Literature. Each class will consist of group discussions on assigned weekly readings and viewing philosophy Great Courses lectures on DVDs. The course text book is A History of Philosophy Part 8 by Jack Thomson (Australia) which is available from the convenor at a cost of ~\$20.00. Group is limited to 10. Please contact the convenor through the office before attending for the first time.

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

Seniors Services Series Part 1 -

-FRE

Programs dedicated toward the needs of seniors.

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 | | |
| 1:15 - 3:15 | Begg Room | |
| Day: 3 rd Monday of each month in the Fall: Sept. 16, Oct. 21, Nov. 18 and Dec. 16 | | |

Seniors' Services Series Part 2: FREE Presentations

The following are presentations curated to provide members with insight on a variety of topics related to seniors. Come for one or the whole series.

| Conven | onvenor: Ivy O'Flynn and Wendy Trigg | | |
|----------|---|---|--|
| Day | Time | Location | |
| Wed. | 1:30 - 3:30 | Halpern Room | |
| Date | Title and Desc | ription | |
| Sept. 11 | Presenter: <i>Susa</i> | - | |
| | | ent: Learn how our nervous | |
| | | ets pain and how to best | |
| | _ | rough education, lifestyle | |
| | | ropathic and allopathic is on self-management | |
| | | f over the counter herbs | |
| | and medicines. | over the counter herbs | |
| Sept. 18 | Presenter: <i>Heal</i> | ther Knittel | |
| Jept. 10 | Making Room for Living Well: Hear how | | |
| | to de-clutter and downsize your home | | |
| | with a team who make it their business | | |
| | to help you. Www.goodriddance.ca, a local | | |
| | company, will provide tips on residential | | |
| | organizing, senior move management, | | |
| | and moving and downsizing. | | |
| Sept. 25 | No Presentation - Room Unavailable | | |
| Oct. 2 | Presenter: Louise Lydon | | |
| | | ntervention with Hip & | |
| | Knee Problems: This informative class | | |
| | will teach you how to manage osteoarthritis for everyday living. Learn about what is | | |
| | | ide the joints, ways to | |
| | | ercises and strategies to | |
| | protect your joints from additional stress. | | |
| | Also learn about joint replacement surgery. | | |

| Date | Title and Description | |
|------------------|---|--|
| Oct. 9 | Presenter: Susan Johnston Sleep & Stress Management: Learn how our nervous system interprets stress and how this impacts sleep. Learn how to best manage stress and sleep through education, lifestyle changes, naturopathic and allopathic means. Focus is on selfmanagement and lifestyle changes. | |
| Oct. 16 | Presenters: <i>Dr. Carolyn Sparrey and</i> | |
| | Dr. Killian Kleffner Emerging Point of Care Health Technology: Trainees from SFU's Point of Care Health Technology Team, STAR Institute, and the Digital Health Circle will be presenting the latest technological developments meant to improve the lives of BC seniors. There will be a series of short presentations followed by a question and answer period along with the chance to see prototypes of upcoming innovations. | |
| Oct. 23 | Presenter: Juliana Koo Stay Safe & Fraud Prevention: Protect yourself! This seminar is specifically aimed to help vulnerable persons and seniors. Topics include the identification and prevention of fraud and scams for telephone, email, credit cards, Canada Post mail, identity theft, computer viruses and hackers. | |
| Oct. 30 | Presenter: Angus McIntyre Riding the Bus with Angus - Forty Years: Enjoy some fun and fascinating reminiscences about life on the buses in Vancouver over the past forty years. Angus is a retired bus driver with a great sense of humour and many tales to tell about his exploits. | |
| Nov. 6 | Presenter: Krista Frazee Dementia Friends: Presented by Krista Frazee of the Alzheimer Society, participants will learn to understand dementia and recognize when someone may be living with the condition. You will also learn communication strategies and practical suggestions on supporting people living with dementia. The presenter will also touch on working to reduce stigma and raising awareness. | |
| Cont'd next page | | |



HOUSE Society Where Seniors Stay Young

| Seniors' | Seniors' Services Series Part 2 Cont'd | |
|----------|--|--|
| Date | Title and Description | |
| Nov. 13 | Presenter: London Drugs Pharmacist A Discussion on Infectious Diseases: A London Drugs Pharmacist will discuss transmission, risk factors, symptoms and complications of influenza, pneumonia and shingles as well as the available vaccines for the prevention of them. There will be an opportunity to ask questions following the discussion. | |
| Nov. 20 | Presenter: Christian Johannsen Foot Care: Christian Johannsen is a certified pedorthist at Foot Solutions. This presentation will touch on the top 10 foot problems, their symptoms and solutions. Additionally, attendees will be able to walk away with hands-on knowledge that will help them choose better footwear that not only helps reduce pressure and friction on toes, but also improves balance and stability. | |

Travel Series -

FREE

Photographers share their travel experiences.

| Convenor: John Smith & Rose Taylor | | |
|------------------------------------|--|--|
| Day | Time | Location |
| Mon. | 10:30 - 12:00 | Halpern Room |
| Date | Title and Desc | ription |
| Sept. 9 | | allace Collection, then off nd Town, <i>Rose Taylor</i> |
| Sept. 16 | Australia: Down Under Discovery with National Geographic, <i>Hilda Wiebe</i> | |
| Sept. 23 | Voyage on the CCGS Amundsen: Assessing the Health of Inuit Adults in the Arctic, Helga Saudny | |
| Sept. 30 | The Intertwining History, Architecture and Current Lifestyles of Five Major Baltic Cruise Cities, <i>Jim Leggott</i> | |
| Oct. 7 | Shropshire by Narrowboat, <i>Doug Davidson</i> | |
| Oct. 14 | Thanksgiving - BROCK HOUSE CLOSED | |
| Oct. 21 | Highlights of Morocco: from the Kasbahs to the Desert, <i>Graham Baldwin</i> | |
| Oct. 28 | In Search of the Real Dracula, <i>Jo Pleshakov</i> & Alice Vasile | |

| Date | Title and Description |
|---------|--|
| Nov. 4 | Wildlife Encounters on Alaska Cruises, by a Naturalist. 20 years, 300 cruises, <i>Graham</i> <i>Sunderland</i> |
| Nov. 11 | Remembrance Day - BROCK HOUSE CLOSED |
| Nov. 18 | Sri Lanka and Kalimantan, <i>Sheila Page</i> |
| Nov. 25 | Six weeks in New Zealand: exploring natural and historic sites, beaches and wine, and the best birding experience ever, <i>Lyz Sayer</i> |
| Dec. 2 | Costa Rica: National Parks and Wildlife, Dorothy Glover |
| Dec. 9 | Hiking the Pacific Crest Trail, Catherine Ostler |

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 Desc | ription | | |
| Sept. 10 | | ary Life of Julia Henshaw er, on his latest book JULIA. | | |
| Sept. 17 | | | | |
| Sept. 24 | Global Warming and the Carbon Tax: a Possible Solution. <i>Marc Lee,</i> Canadian Centre for Policy Alternatives. | | | |
| Oct. 1 | North Shore Search and Rescue. <i>David Brewer</i> , founder of North Shore Search and Rescue. | | | |
| Oct. 8 | Poverty Work - A Elisabeth Geller, S | lity and International Anti A Credit Union Perspective Senior Consultant, Enterprise erformance, Vancity. | | |
| Oct. 15 | Missing Indige | t about Murdered and nous Women and Girls en Landsowne, Executive Inited Church Community, East Hastings. | | |
| Oct. 22 | Keeping Equity Health Care Sy Senior Scientist Professor Fami | nd Improving Medicare y at the Centre of our ystem. Dr. Michael Klein Emeritus, UBC; Emeritus ily Practice & Pediatrics Member Canadian Doctors | | |

| Tuesday | / Lecture Series Cont'd |
|---------|--|
| Date | Title and Description |
| Oct. 29 | East Side Cultural Crawl. Richard Tetrault and Ester Rausenberg. |
| Nov. 5 | Dying with Dignity, the Legal Point of View. <i>Grace Pastine</i> , Litigation Director, BC Civil Liberties Association. |
| Nov. 12 | False Creek: Model Community for the City Plan or A Cash Cow for City of Vancouver. Nathan Edelson, Senior Partner, 42 Street Consulting, and Adjunct Professor UBC School of Community and Regional Planning. |
| Nov. 19 | YWCA - What is it all about? <i>Deb Bryant</i> , CEO of YWCA. |
| Nov. 26 | The Making of a Cold War Fighter Pilot. Tom Henry and Tony Blake, former RCAF pilots, Brock House members. |
| Dec. 3 | The New Vancouver Art Gallery: Building a Cultural Legacy for Future Generations. <i>Ann Webb</i> , Associate Director, Director of Engagement and Strategic Initiatives, Vancouver Art Gallery. |

IP101 Art History: Renaissance Beyond — The Rise of the Renaissance in North & South

The Italian Renaissance brought us masters like Da Vinci, Raphael, Donatello and Michelangelo, but there is so much more to this rich period in European art. Join us as we explore more masters of Italy and beyond — including the Northern Renaissance, women artists, and the ways that the Renaissance shaped so much about the way we still make sense of the world in the West today. Limit 65.

| Instructor: Jessa Alston-O'Connor | | | | | | |
|-----------------------------------|----------|--------|--------|---------|--|--|
| Day Dates Time \$ Location | | | | | | |
| Tues. | Sept. 24 | 12:30- | \$100/ | Halpern | | |
| - Oct. 22 2:30 5 weeks Room | | | | | | |

IP102 Genealogy: The Next Step

When you have learned how to find birth, marriage, death, and census records, what's the next step in your genealogy research? This 5 week class will focus on in-depth research tips and techniques, with the goal of helping you make your ancestors come alive to you and your family. Whether you

can spend 20 minutes a day, or hours and hours, you will learn more efficient and effective ways to research, and how to share your findings with others in your family. Celia Lewis and Lorraine Irving, two genealogists from the British Columbia Genealogical Society, will be presenting this class. Limit 12.

| Instructor: Celia Lewis and Lorraine Irving | | | | | | |
|---|-------------------------------|---------------|------------------|---------------|--|--|
| Day | Dates | Time | \$ | Location | | |
| Fri. | Sept. 20 - Oct. 18 | 1:00- 3:00 | \$60/ 5 weeks | Games Room | | |
| Date | Descripti | Description | | | | |
| Sept. 20 | Strategies | that wo | rk | | | |
| Sept. 27 | Out of the box [which box?] | | | | | |
| Oct. 4 | Chasing crumb after crumb | | | | | |
| Oct. 11 | People, Places, Events, Dates | | | | | |
| Oct. 18 | Writing & | Sharing | for Posteri | ty | | |

IP103 Great Composers From Bach to Mozart

Join us as we explore the lives and music of such popular composers as Johann Sebestian Bach, George Frideric Handel, Joseph Haydn, and Wolfgang Amadeus Mozart. We will discuss how their careers influenced their musical styles and listen to a selection of their best-known works. **Limit 65.**

| Instructor: Nicolas Krusek | | | | | | |
|----------------------------|---------------------|--|------------------|-----------------|--|--|
| Day Dates Time \$ Location | | | | | | |
| Thurs. | Nov. 7 - Dec. 12 | | \$90/ 6 weeks | Halpern Room | | |



Where Seniors Stay Young

IP104 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 | Dates Time \$ Location | | | | | |
| Fri. | Sept. 13 - Oct. 18 | 10:00- 12:00 | \$90/ 6 weeks | Halpern Room | | | |
| Date | Descripti | ion | | | | | |
| Sept. 13 | | | Pianist/ar s hit songs | ranger and | | | |
| Sept. 20 | - | | | ost famous at tenors of | | | |
| Sept. 27 | Rudolf Nureyev. There will never be another. | | | | | | |
| Oct. 4 | Nina Simone/Alberta Hunter. Contrasting musical portraits of a tortured singer pianist and a survivor who sings with humour, peaking in her 80's | | | | | | |
| Oct. 11 | Early jazz piano including Joplin, stride and boogie woogie | | | | | | |
| Oct. 18 | | | Estefan. S thms world | haring their d wide. | | | |

IP105 Magic Workshop 2.0

Joji Yamashita returns to teach another magic workshop. Learn to think outside of your own box and think within a magician's box; usually unconventional and irrational. Participants will learn different magic tricks with an element of surprise. Have fun and refresh your mind during this workshop. No prior experience necessary. Limit 60.

| Instru | Instructor: Joji Yamashita (Magicjo) | | | | | | |
|--------|--------------------------------------|------------|------|-----------|--|--|--|
| Day | Day Date Time \$ Location | | | | | | |
| Fri. | Oct. 4 | 12:30-1:30 | \$20 | Begg Room | | | |

IP106 Our Strange Relationship with Fiction

Our relationship with fiction is strange. We know that fictions are made up; nevertheless, we often apply higher moral standards to books and films than to our immediate social environment. In this course, we will explore the history of the notion "fiction" in Western society, from classical antiquity to contemporary positions of evolutionary psychology. Traditional media will play an important role in our discussion: novels, plays, films, etc. However, we will also examine the larger question of how much of our social reality can be understood as "fiction." Limit 60.

| Instructor: Florian Gassner | | | | | | |
|-----------------------------|---------------------|-------------|------------------|-----------------|--|--|
| Day Date Time \$ Location | | | | | | |
| Fri | Nov. 8 - Dec. 13 | 10:00-12:00 | \$80/ 6 weeks | Halpern Room | | |

IP107 Wine Course: — Southern Hemisphere

From the majestic Andes mountains that serve as a natural border between two South American wine producing powerhouses, Argentina and Chile to the antipodes of Australia and New Zealand with South Africa in between we explore the wines of the Southern hemisphere. Classic Malbec, luscious Pinotage and the fresh bright fruit filled Sauvignon Blanc of New Zealand are examples of the Southern hemisphere with a star studded line up of other varietals. Indulge in the culture, the styles and your host Dr. Clinton Lee will guide you through the regions and wines. Limit 60.

| Instructor: Dr. Clinton Lee | | | | | | |
|-----------------------------|---------------------|-----------|-------------------|-----------------|--|--|
| Day | Date | Time | \$ | Location | | |
| Tues. | Oct. 29 - Dec. 3 | 1:30-3:00 | \$105/ 6 weeks | Halpern Room | | |



LANGUAGES

Spanish Conversation -

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

| Instru | Instructor: Carlos Rabago | | | | | | |
|--------|-------------------------------|-----------------|---------|---------------|--|--|--|
| Level | Level 1 - Beginners | | | | | | |
| Day | Day Dates Time Weeks Location | | | | | | |
| Tues. | Sept. 24 - Oct. 29 | 11:00- 12:00 | 6 weeks | Games Room | | | |
| Level | Level 2 - Intermediate | | | | | | |
| Tues. | Sept. 24 - Oct. 29 | 12:00- 1:00 | 6 weeks | Games Room | | | |

Conversational French -

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

LG101 French Beginners

Learn our second official language in a class for complete beginners. The emphasis is on conversation in an informal class. We will work on grammar and vocabulary as you practice basic oral skills. We will also practice basic reading, writing and pronunciation. The class is dynamic and interactive! Limit of 12.

| Instructor: Cecilia Foglia | | | | | | |
|--|--|--------|--------|------------|--|--|
| Day Dates Time \$ Location | | | | | | |
| Mon. | Sept. 16 | 9:30 - | \$115/ | Games Room | | |
| Mon. Sept. 16 9:30 - \$115/ Games Room - Dec. 2 11:00 10 weeks | | | | | | |
| No cla | No classes: Oct. 14 and Nov. 11 - Holidays | | | | | |

LG102 French Intermediate

For those who have a working knowledge of low intermediate or intermediate French, this program offers an exciting way to improve or refresh your skills. We will study various aspects of grammar and vocabulary and tie them together with dynamic and fun speaking exercises for communicating in Frenchspeaking countries and provinces. All materials will be provided. If you wish to travel to France or Quebec, communicate with French-speaking friends or refresh your knowledge of French, this course is for you. Students should be able to speak comfortably in the present tense and have reasonable knowledge of the past and future tenses. Limit of 14.

| Day | Dates | Time | \$ | Location | | |
|---|----------------------|-----------------|--------------------|-----------|--|--|
| Mon. | Sept. 16 - Dec. 2 | 11:15- 12:45 | \$115/ 10 weeks | Begg Room | | |
| No classes on: Oct. 14 and Nov. 11 - Holidays | | | | | | |

LG103 French Advanced

This course is for students who have completed the intermediate course or who have an excellent knowledge of intermediate French and who want to move to the advanced level. We will study advanced level grammar and vocabulary points in an interactive way, allowing students to speak as much as possible. Students should be comfortable speaking in the present, past and future tenses but not fluently. Limit of 14.

| D | ay | Dates | Time | \$ | Location | | |
|---|---|----------------------|---------------|--------------------|------------|--|--|
| M | lon. | Sept. 16 - Dec. 2 | 1:30- 3:00 | \$115/ 10 weeks | Games Room | | |
| N | No classes on: Oct. 14 and Nov. 11 - Holidays | | | | | | |

LG104 Italian for Beginners 🚥



Benvenute e Benvenuti! (Welcome!) In this language course you will learn the four basic skills (speaking, listening, reading and writing) in the context of major themes in Italian culture. By the end of the course you will be able to describe people, events and situations, both in the present and the past, and you will have acquired the necessary vocabulary to travel and to communicate about everyday situations. Limit 12.

You will learn:

How to communicate in a variety of social situations, such as introducing yourself, talking about daily activities, describing what you do for work, writing and reading simple texts, such as an e-mail, giving and getting directions, asking about the weather and telling time.

Basic grammatical structures such as articles and nouns, adjectives, present and past tenses of regular and irregular verbs.

Italian culture, including daily life, film, cuisine, and vacationing.

| Instructor: Cecilia Foglia | | | | | | |
|--|----------|--------|-------|------------|--|--|
| Day Dates Time \$ Location | | | | | | |
| Thurs. | Oct. 3 - | 9:00 - | \$90/ | Games Room | | |
| Thurs. Oct. 3 - 9:00 - \$90/ Games Room Dec. 5 10:30 8 weeks | | | | | | |
| No classes: Oct. 10 and Nov. 14 - Room Unavailable. | | | | | | |



MUSIC

Brock House Big Band -

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

| Director: Andrew Clark, 604-842-8581 Outreach: Brenda Clark, 604-842-8581 | | | | | |
|--|---------------------|-------------|---------------|--------------------------------|--|
| Day | Ti | me | L | ocation | |
| Tues. | 10 |):30-12:00 | W | /.P.G. Comm. Centre (Aberthau) | |
| Fri. | 10 | 0:00-12:00 | K | errisdale Seniors' Centre | |
| Brock | Н | ouse Big Ba | n | d Concert Lineup in the Fall | |
| Date | | Time | | Location | |
| Sept. 2 | 26 | 1:30 - 2:30 | | Kerrisdale CC | |
| Oct. 4 | | 1:00 - 2:00 | | Trout Lake CC | |
| Oct. 8 | | 2:30 - 3:30 | | Holy Family Hospital | |
| Nov. 8 | | 1:30 - 3:00 | | Brock House | |
| Nov. 2 | Nov. 28 1:30 - 2:30 | | | Kerrisdale CC | |
| Nov. 29 11:00-12:00 | | 0 | Trout Lake CC | | |
| Dec. 3 | 3 2:30 - 3:30 | | | Holy Family Hospital | |
| Dec. 1 | 0 | 2:00 - 3:00 | | Douglas Park CC | |

Brock House Chamber Players

We are always looking for new members who play strings, woodwinds or brass! Come by to see us on Wednesday afternoon with your instrument and we will be glad to see you. We play from 1:00 p.m. to 3:00 p.m. and music is provided. Our group is self-organized.

| Director: TBA | | Contact: Christine Barker | |
|---------------|-------------|----------------------------------|--|
| Day Time | | Location | |
| Wed. | 1:00 - 3:00 | Begg Room | |

Brock House Jazz Band

The Brock House Jazz Band consists of 4 soloists, a 4 piece rhythm section and a vocalist, dedicated to playing old style jazz standards. We entertain regularly for dances at Brock House, Seniors' Centres, and Care Homes. At present, there are no

vacancies in the Band, but, if you are interested in our music, you are welcome to come and listen-in to our weekly practices in the House.

| Leader: Rob Arseneau | | | | | |
|--|--|--|--|--|--|
| Bookings: Doug Rogerson | | | | | |
| Day Time Location | | | | | |
| Thurs. 1:00 - 3:00 Halpern/Activity Room | | | | | |

Brock House 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 | 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.

| Directo | 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. | Mon. Morning Director: Grace Lau | | | | |
|------|---|----------------------------|--|--|--|
| Day | Day Time Location | | | | |
| Mon. | 9:30 - 12:00 | Kerrisdale Seniors' Centre | | | |
| Wed. | Wed. Afternoon Director: Jean Peggie | | | | |
| Wed. | Wed. 1:30 - 4:00 Kerrisdale Seniors' Centre | | | | |

Sing-A-Long

Brighten your day; leave your worries on the doorstep; come on over to the sunny side and sing along or swing along with the Brock House Society's gleeful senior songsters on Monday afternoon. The benefits of ensemble singing in a non-threatening social setting are unique for each individual. We hope the fun we have will improve your sense of joy and overall well-being and, of course, your singing. All voices are welcome. We do some sing-alongs at Brock House events and our monthly visits to Vancouver seniors' residences are popular with both our hosts and our members.

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

Suk Fen's Music

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 Location | | | | | |
| Thurs. Sept. 12 - Dec. 12 9:00-10:45 Activity Room | | | | | |

MS101 Beginner Ukulele Lessons 🚥

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. Here's what Joan's students have said: "Ukulele with Joan was an absolute blast! The pace was great for beginners like me." FF "This class made me happy" KB

| Instructor: Joan deVerteuil | | | | | | |
|------------------------------------|-----------------------|-------------|-------------------|--------------|--|--|
| Day Dates Time \$ Location | | | | | | |
| Tues. | Sept. 24 - Nov. 26 | 2:00 - 3:00 | \$80/ 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. This fall, Brock House is launching three new social groups; a monthly luncheon for men, a monthly evening social for all members, and a theatre group. Contact the convenors below 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 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. Members are responsible for their own transportation and expenses.

Convenors:

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

| Day Time | | Location |
|----------|-------------|--------------|
| TBA | After hours | Out of House |

SUSE Pociety Where Seniors Stay *Young*

An Evening Social Event 🐠 –

Please join us on September 24th for our first 6-8pm Evening Social. Come for a glass of wine and some appetizers. Barbara-Ann Martindale will entertain us with a few well known timeless tunes. You may even sing along if you like. This will be a good chance for members to share summer stories. If there is interest, we will continue with this monthly event. Please RSVP by September 17th. Please register online or through the office.

| Convenor: Joanne Haramia & Patricia Brady | | | | |
|---|--|--------------|----------|--|
| Day Date Time | | Time | Location | |
| Tues. Sept. 24 6:00pm - 8:00pm Halpern F | | Halpern Room | | |
| Cost: \$12 + Cash Wine Bar | | | | |

Men's Lunch

An initiative of the Membership Committee in response to feedback from members, this lunch has been planned in order to determine whether there is sufficient interest among the society's male members to start a Men's Group. Ongoing activities would be anything the group wants to organize. If you are interested in such a group, come to this initial planning lunch. Space limited. **Preregistration required**. Contact Peter Scott who will convene this initial meeting if you are unable to attend but would like to receive information from this meeting and notifications of future activities, should the decision be made to start a group.

| Convenor: Peter Scott (peter26@telus.net) | | | | |
|---|----------|--------------|------|-----------|
| Day Date | | Time | \$ | Location |
| Fri. | Sept. 20 | 12:00 - 1:00 | \$12 | Begg Room |

Theatre Group Planning Session I FREE

Do you like live theatre but don't go because you have no partner or friend to go with? If so, please consider coming to our planning session for the 2019-2020 season. Our aim is to attend one theatre performance per month, with an option of a meal, snack or social get-together before or after the performance. Have a look at the upcoming offerings of our local theatres and bring your ideas to the planning session. Contact Adele Tremblay, convener, if you are unable to attend but would like to receive information from this meeting and notifications of future activities.

| Convenor: Adele Tremblay | | | | |
|--------------------------|-------------------------------|--------------|-----------|--|
| | (aft@shaw.ca or 604-683-0375) | | | |
| Day Date | | Time | Location | |
| Fri. | Sept. 13 | 11:30 - 1:00 | Begg Room | |

WOODWORKING

Workshop -

FRE

Members experienced with woodworking machinery are welcome. All participants must sign a Participation Release form and read and observe the Workshop Rules. If you wish to use the Workshop, please contact the convenor through the office for a safety and operational briefing on shop and equipment procedures.

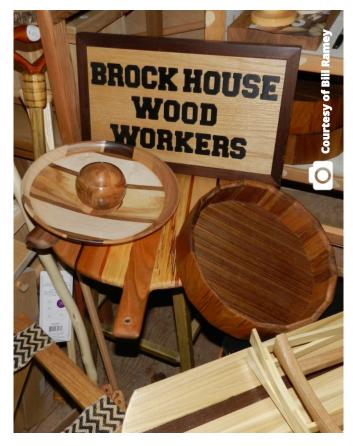
| Convenor: Bill Ramey | | |
|----------------------|--------------|----------|
| Day | Time | Location |
| Mon. & Thurs. | 12:00 - 3:45 | Workshop |
| Tues., Wed. & Fri. | 9:00 - 3:45 | Workshop |

Woodworkers -

FREE

During these time periods, volunteer woodworkers produce items for sale at our fundraisers and fill orders between fairs. If you have woodworking experience and would like to contribute, please consider joining us. All participants must sign a Participation Release form and read and observe the Workshop Rules.

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



WRITTEN WORD

Book Club ———FREE

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 Pa | anet-Raymond |
|---------------------------------------|-------------------------|---------------|--------------|
| Day | | Time | Location |
| Last Friday of t | he month | 1:15-3:15 | Meyer Room |
| Book Club #2 | Book Club #2 Convenor | | k |
| Day | | Time | Location |
| 2 nd Thursday of the month | | 9:30 -11:15 | Games Room |

Life Writing

- FREE

A well-organized writing group write on varying life experiences. We meet once a week to inspire and encourage creativity. Weekly assignments receive positive feedback and mutual support. Improving our work is our objective. Producing polished work is our goal. This is NOT a drop-in class. Those interested in joining the class must contact Inge Andreen through the office BEFORE the first class, as the class has limited enrollment. The class is currently full. Please contact the office if you are interested in being on a waiting list.

| Convenor: Inge Andreen | | | |
|------------------------|--------------------|---------------|------------|
| Day Dates | | Time Location | |
| Thurs. | Sept. 12 - Nov. 14 | 10:00-12:00 | Meyer Room |

Play Reading -

FRE

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 -

FRE

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

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

WR101 Write From the Heart

Memoirs are important because they have to do with our sense of identity, our roots, connecting us to our family's past and shaping the events that make up our lives. Write from the Heart will help you write those stories. It is also suitable for anyone interested in turning their personal adventures into travel memoirs. Limit of 14.

| Instructor: Ruth Kozak | | | | |
|------------------------|---------------------|------|----|------------|
| Day | Dates | Time | \$ | Location |
| Wed. | Oct. 9 - Nov. 27 | | | Games Room |

EVENTS & SOCIALS

HALPERN PERFORMING ARTS EVENTS

Sponsored by the George Halpern Fund

Bernard Cuffling: An Actor's Christmas in Canada

Renowned Vancouver actor Bernard Cuffling, who describes himself as a Canadian actor with a British accent, comes back to Brock House by popular request. He shares memories, tales and favourite excerpts from his many years in the local theatre including shows like "A Christmas Carol" at Carousel and five years playing Clarence, the Angel who gets his wings, in the Arts Club's production of "It's a Wonderful Life". These and many other stories that reflect on the history and customs of Christmas in the theatre will help set the scene for the festive season.. Limit of 100.

| Day | Date | Time | Location | |
|------------------------------------|---------|-------------|--------------|--|
| Tues. | Dec. 10 | 1:45 - 3:15 | Conservatory | |
| Tickets: \$8 Members & \$10 Guests | | | | |

The Season of the Witch—

Stir the Pot Players present "The Season of the Witch" by Barbara Ellison, featuring Joan Bryans, Xander Williams, and Barbara Ellison. Come with us into the past and watch how the witch hunting mania of the 17th century affected one small family in England. Limit of 100.

| Day | Date | Time | Location |
|------------------------------------|---------|-------------|--------------|
| Thurs. | Oct. 31 | 1:45 - 3:15 | Conservatory |
| Tickets: \$8 Members & \$10 Guests | | | |

SOCIAL & SPECIAL EVENTS

Brock House Christmas Luncheon

This delightful annual event has become a special Brock House tradition. Members gather together with friends and family to enjoy a special Christmas feast prepared by Brock House Restaurant. This full roast turkey and glazed ham buffet includes two hot entrees, salads, vegetables, desserts, coffee, tea and a glass of wine. Please join us for this special gathering. Ticket prices include taxes and gratuities. No ticket sales or refunds after November 22nd. Limit of 150.

| Day | Date | Three Sittings | Location |
|-------------------------------------|---------|---------------------|--------------|
| Wed. | Dec. 11 | 11:15, 12:00, 12:45 | Conservatory |
| Tickets: \$40 Members & \$45 Guests | | | |

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. Prices listed includes all fees and taxes.

Christmas in the Country

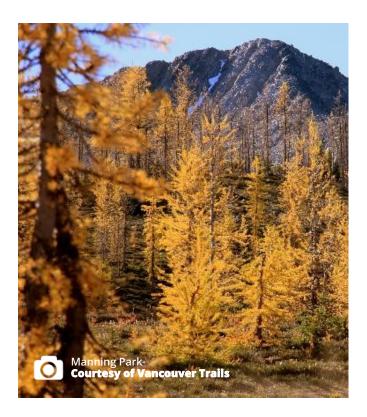
Catch the Christmas spirit on a fun-filled day in the Langley Countryside at Potters, Krause Berry Farms and the Little White House. Package also includes Potters the Christmas Store and lunch at Krause Berry Farms Bistro.

| Day | Date | Time | Limit of |
|--------------------------------|--------|-----------------|----------|
| Fri. | Dec. 6 | 8:45am - 5:00pm | 24 |
| Price: \$99 Members and Guests | | | |

Indian Arm Luncheon Cruise

Cruise the calm inland waters aboard the luxurious M.V. Harbour Princess on a 4-hour luncheon cruise! Package includes a buffet lunch onboard and sightseeing.

| Day | Date | Time | Limit of |
|---------------------------------|----------|------------------|----------|
| Mon. | Sept. 23 | 10:00am - 3:45pm | 24 |
| Price: \$139 Members and Guests | | | |



Manning Fall Foliage Tour

Take a sightseeing tour to see splendid yellow and gold fall colours between Hope and Manning Provincial Park located in the heart of the Cascade Mountains. Package also includes lunch at the Pinewood Restaurant, Hope Slide and Lightning Lake and Forest Bath escorted walk.

| Day | Date | Time | Limit of | |
|---------------------------------------|--------|-----------------|----------|--|
| Tues. | Oct. 8 | 7:45am - 6:00pm | 24 | |
| Price: \$99 Members and Guests | | | | |

River Eagle Cruise —

Travel to Harrison Mills for a 3-hour river eagle expedition on the Fraser and Harrison Rivers with Shoreline Cruises. The area's 600 local nesting pairs are regularly joined by about 15,000 migratory bald eagles. The tiny Fraser Valley community of Harrison Mills hosts thousands of visiting bald eagles and is the world's largest gathering of nature's foremost dead-salmon connoisseurs. Package also includes onboard lunch and a visit to Campbell's Gold Honey Farm.

| Day | Date | Time | Limit of | |
|--|---------|-----------------|----------|--|
| Fri. | Nov. 15 | 8:15am - 6:00pm | 24 | |
| Price: \$149 Members and Guests | | | | |

FRIDAY MOVIES

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

| Conv | Convenors: Chris Mewis | | | |
|---------------------------|------------------------|--|--|--|
| Day | Time | | \$ | Location |
| Fri. | 1:00 - 3:30 | | \$2 Exact change please! | Halpern Room |
| Date | S | Movie | Title & Descriptio | n |
| Sept. 13 | | and sto Ginsbu ground | Basis of Sex: As a ruggling attorney, rg faces discri -breaking case as she fights for e | , Ruth Bader mination. A changes her |
| f t t | | America for an tour th their st | Book: A working an bouncer become African-American ne 1960s America trained relationshiftiendship. | nes the driver pianist. They n south and |
| Sept. 27 | | legenda Judi De Smith) n | n the Dames (Document) ry actresses (Damesench, Joan Plowright) neet to gossip, laughtedictably humouro | s Eileen Atkins, at and Maggie and remember, |
| Oct. 4 | | busines become cartel, | The Mule: Facing foreclosure of his business, a horticulturalist in his 80s becomes a drug carrier for a Mexican cartel, and attracts the attention of a drug enforcement agent. | |
| legen lead : in the | | legenda lead sir | ian Rhapsody: Thary rock band Quager Freddie Mercuafamous performan | ieen and the ry, culminating |

| Dates | Movie Title & Description |
|---------|---|
| Oct. 18 | The Children Act: A high court judge must decide whether to order a life-saving blood transfusion for a teenager with cancer. Doing so would be against the family's wishes and religious beliefs. |
| Oct. 25 | The Lunchbox (Subtitles): A mixed-up lunch delivery in Mumbai connects a young housewife and an older man. The lunch box notes between them create an unusual friendship. |
| Nov. 1 | The Guernsey Literary and Potato Peel Pie Society: In the aftermath of WWII, a writer forms an unexpected bond with residents of Guernsey Island when she writes a book about their experiences during the war. |
| Nov. 8 | NO MOVIE- Brock House Remembrance Day Tribute |
| Nov. 15 | Vice: A political comedy in which Dick Cheney joins President George W. Bush and, as Vice President, wields immense power to reshape the country. |
| Nov. 22 | NO MOVIE - Christmas Fair Preparations |
| Nov. 29 | The Notebook: In the 1940s, ignoring their different social backgrounds, a young couple fall in love but are separated by the young woman's parents. |
| Dec. 6 | Mary Queen of Scots: Mary Stuart's attempt to overthrow her cousin Elizabeth I, Queen of England, finds her condemned to years of imprisonment and possible execution. |
| Dec. 13 | The Intern: A 70 year old widower is not enjoying retirement and seizes the opportunity to become a senior intern at an on-line fashion site. |

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.



About Brock House Society

Brock House Society is a registered non-profit society since 1974 located at a heritage building at Jericho Beach. Our mission is to encourage and enable adults 55+ to live fuller lives. We have 4 paid staff and over 200 volunteers within the Society who help support the work we do.

Brock House Society is financially independent, and operates with funds generated through revenue from members' fees, donations, activities, fund raising, interest from income from the Endowment Trust Fund and rental income from the Brock House Restaurant. If you are interested in volunteering or donating, please contact us.





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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 meals until Monday, September 9th. Only coffee and sweets will be available between August 26th to September 6th and December 16th to January 3rd.

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 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.

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Tapestry.

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604.225.5000

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YOU ARE INVITED TO OUR ART SHOW OPEN HOUSE

Amica Arbutus Manor, a senior lifestyles residence, is hosting our annual art show open house. Admire artwork and music as you enjoy refreshments and desserts prepared by our Red Seal Chef.

Saturday, September 14, 2019 1:00-4:00pm

2125 Eddington Dr, Vancouver

RSVP to Tricia at 604-736-8936 by September 11



AMICA.CA/ARBUTUSMANOR





EVERYONE WELCOME! Free Admission



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