



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

**WHERE SENIORS STAY** *Young.*



# 2017 FALL PROGRAMS & EVENTS



Photo of the North side of Brock House Courtesy Stan Hohnholz

**BROCK  
HOUSE**  
*Society*

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

**REGISTER ONLINE**



To register for our 2017 Fall programs go to [www.brockhousesociety.com](http://www.brockhousesociety.com), visit or phone the office

*Under the Distinguished Patronage  
of Her Honour, The Honourable  
Judith Guichon, OBC, Lieutenant  
Governor of British Columbia*

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BevAnn Lister Dean, President  
Peter Phillips, 1st Vice-President  
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### Administration

Sophie Djordjevic, Administrator

### Staff

Vera Enshaw, Administrative Asst.  
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## Something Old and Something New

or

*Because everything old is new again*

by

BevAnn Lister Dean

And with that tease of a title I hope to encourage you to take a good look at the fantastic line-up of programs, events and ongoing activities in this season's program. A lovely member recently stopped to chat with me. She commented on the fine quality of what Brock House Society offers. I couldn't agree with her more. Thank you to the many volunteers and the staff who work above and beyond, every season.

### "The Old"

*The Esther Birney Series* has been part of the Society's culture for a long time. For many of us the name "Birney" is familiar: the writer Earl Birney. There are also those of us who laud the name Esther Birney, his one-time wife. He's not mentioned in her obituary and we focus proudly on her. She was a social worker but Brock House Society members know her for her "huge knowledge of and love for literature and music, especially opera. She inspired in her friends an enthusiasm for reading, and analysis and discussion of all things literate. She was proud to be a guest speaker at Brock House in Vancouver right into her '90's" (*Vancouver Sun*, July 2006). The series that carries her name continues to inspire an enthusiasm for reading. If you've been to one of the talks, you're probably already a big fan. If not, you're in for a treat. This season's selection really does have something for everyone. Outstanding! By the way, Ms. Birney also gave our newsletter its name. That's a story for another time.

### "The New"

Brock House Society is excited to offer Music Therapy for the first time this season. Megan Goudreau, an accredited and highly experienced therapist will guide you as you explore the power of music by playing instruments, singing and discussing your experiences. With her you'll look at how music has shaped those experiences and how it is used in conjunction with medicine to enrich our lives. Please consider joining Megan on Mondays at 9:00 a.m.

I hope these two samples have whetted your appetite and you're ready to dive into the program to find that certain something among our fee-based and/or the many activities that are included in your membership.

Of course, in order to continue the old and introduce the new we need to fundraise. Yes, the fabulous Summer Fair was only a few weeks ago and thank you to everyone. Guess what? The beautiful Christmas Fair is on Saturday, November 25. Please support it in any way you can.

**Enjoy, and see you around the House!**

Here are a few of the learning opportunities the Program Committee is proud to offer you this Fall:

### AR103 MUSQUEAM WEAVING & STORYTELLING

*Tuesdays, September 26 to November 14*

In the Begg Room, 1:00-3:00

Meet Debra Sparrow, Musqueam weaver and speaker:

In 1980s, along with her sister Robyn, Debra Sparrow began the task of reviving the forgotten Salish Weaving tradition. Since then, she has become a world famous artist and a very highly regarded Musqueam Weaver and Speaker. Debra remains committed to teaching Musqueam Weaving to others and to sharing her stories. We are most privileged to offer her class in Musqueam Weaving at Brock House this Fall. (*see page 8 for complete details*)

### FH106 MUSIC THERAPY

*Mondays, September 18 to December 4*

In the Halpern Room, 9:00-10:00

**Music Therapy** is the skillful use of musical elements by an accredited music therapist to promote, maintain and restore mental, physical, emotional and spiritual health. Music has nonverbal, creative, structural and emotional qualities. These are used in the therapeutic relationships to facilitate contact, interaction, self-expression, communication, and personal development.

We are very pleased to present **Music Therapy** to the members of the Brock House Society, with the assistance of a grant from the Government of Canada. Megan Goudreau (CAMT) a highly skilled and university-accredited Music Therapist will conduct this class. (*see page 13 for complete details*)

**Funded by the Government of Canada New Horizons for Seniors Program**

### ESTHER BIRNEY LITERATURE LECTURE SERIES

*Thursdays, September 14 to December 7*

In the Halpern Room, 10:30-11:45

Here's just one example of the interesting and informative lectures planned for the fall session of the EBL Series:

### Our top Four Canadian Authors and their Novels (Canadian Classics)

During the month of June, Brock House members were invited to submit their favourite Canadian authors and fiction. We are most pleased to have Brock house Scholars present these works.

Dr. Andrew Parkin will present *Fifth Business* by Robertson Davies. The characters demonstrate that matters of the spirit are more important than worldly goods.

Dr. Jennifer Wade will present *Two Solitudes* by Hugh McLennan, which broke ground at the time when Jennifer knew Hugh and his sister. It deals with English- French tensions in Quebec – the struggle for belonging.

Dr. Brian Coleman will present *More Joy in Heaven* by Morley Callaghan, which looks at the lives of ordinary people who try to come to terms with the hurdles of living, joys and sorrows.

Dr. Malcolm Page will present Michael Ondaatje's *In the Skin of a Lion* in which the lives and politics of the immigrant workers who built many of Toronto's great edifices are explored.

**For complete details see the Esther Birney Series on page 15 and the monthly Gallimaufry**

## What's On:

### Acting ..... Page 7

Members of Brock House Society who enjoy exploring the art and techniques of acting.

### Arts & Crafts .....Pages 7-8

Brock House Society offers weekly drop-in sessions in painting and needlecrafts, and seasonal instructor-led courses.

- Artists' Group
- Doodle Art
- Fall Drawing Techniques
- Fall Watercolour Exploration
- Musqueam Weaving & Storytelling
- Porcelain Painters
- Yarns & Needlecrafts

### Brain Challengers ..... Page 8

It's a cryptic world

### Bridge..... Page 9

There are lots of opportunities to play bridge at Brock House. Duplicate on Thursdays, Social Bridge on Fridays, lessons for those who feel the need for instruction. Plus there's space to have a casual game with friends.

- Absolute Beginners Bridge
- Advanced Bridge
- Christmas Chicago Bridge & Lunch
- Duplicate Bridge
- Intermediate Bridge
- Social Bridge
- Supervised Bridge Play

### Computers ..... Pages 9-11

Brock House has a computer lab with 9 Windows computers. There is a weekly drop-in session on Monday afternoons year-round, as well as classes for both PC and Apple/Mac devices.

- Android Phones & Tablets Explored
- Camera +
- Computer Drop-In
- Dashlane
- Digital Photography Part 1 & Part 2
- Everything SIRI
- Facebook for Seniors
- Files, Folders & Drives
- Introducing Windows 10
- iOS 11 Level 1 & Level 2
- iOS 11 What's New
- Organizing Your Email
- Passwords, Security & Fraud
- Travel Better with Technology
- Use the Internet Better

### Fitness & Health ..... Pages 12-14

There are two member-led walking groups and many fitness courses. Most classes are held under the tent as long as possible, so fresh air is one of many benefits.

- Balance, Posture & Strength
- Bone, Spine & Balance
- Brain Fitness & the Arts
- Chair Yoga
- Hikers
- Music Therapy
- Pole Walkers
- Stretch & Strengthen Body & Mind
- Tai Chi
- Whole Body Cardio & Functional Fitness
- Yoga
- Zumba

### Fundraisers

The Christmas Fair features products made and donated by members and others. Other fundraising efforts are held periodically through out the year.

Christmas Fair.....Back Cover

### Games ..... Page 14

Billiards and Table Tennis tables are located in the basement. There are weekly drop-in sessions for other games including Chess, Mah Jong and Scrabble.

### Intellectual Pursuits.....Pages 15-19

Brock House Society prides itself on the quality of moderated discussions and lectures. There are several to choose from each week.

- Art History
- Discussion Series
- Esther Birney Literature Series
- Film Noir
- First Nations 101 (special presentation)
- Historical Walking Tour of Jericho Park
- Lecture Series
- Legendary Performers
- Lunch with TED
- Travel Series
- Philosophy Discussion Group
- Power Shift Discussion Group
- Vancouver Fall Birding

### Languages.....Page 19

Refresh your skill in speaking our second language, or take on something entirely new and learn Spanish!

- French Conversation—Beginners, Intermediate, Advanced
- Spanish Conversation—Beginners, Intermediate

### Movies..... Page 23

Weekly movies are a staple at Brock House. Enjoy them in the company of other Brock House Society members and, if you like, a friend or two.

### Music Programs ..... Page 20

Brock House Society has a distinguished history of great music, from choral singing to hand bell ringing.

- Big Band
- Chamber Players
- Choir (Brock House/Kerrisdale)
- Handbells (Brock House/Kerrisdale)
- Jazz Band
- Orchestra
- Sing-a-Long

### Services for Seniors ..... Page 20

Presentations which highlight some of the issues seniors face as we transition through our retirement years.

### Social Groups ..... Page 21

An After Hours social group for like-minded members.

### Special Events ..... Page 24

Once or twice per month there are special events for members and guests.

- Big Band Swing Afternoon Tea Dance
- Christmas Luncheon
- Classic Carollers
- Remembrance Day Tribute
- Saturday Night Live Opera Buffet
- Spinning You Home

### Tours ..... Page 25

Be a day tripper and enjoy stress-free trips with other Brock House Society members and friends.

- Cirque du Soleil KURIOS
- Polar Express - First Class
- Secret Cove/Sunshine Coast

Special Tour to Victoria to see the Pacific Opera's performance of "Jenufa" ..... Page 15

#### BROCK HOUSE CLOSURES

Brock House Society will be closed on the following days:

Mondays, September 4, October 9, November 13, December 25

Tuesday, December 26

The cafeteria will be closed from December 18 to January 5, re-opening January 8

*Coffee, tea and cookies will be available*

### Written Word ..... Page 22

- Book Club
- Library
- Lifewriting
- Playreading
- Reading Jam
- Write from the Heart
- Writers' Circle
- Writing Workshop

### Workshop ..... Page 22

The woodwork shop is located on the east side of the grounds. Participating members are able to take advantage of tools and equipment to create items for themselves and for Brock House Society .

## How to Register

There are 3 easy ways to register:

- ♦ **Online:** Go to [www.brockhousesociety.com](http://www.brockhousesociety.com)  
*See page 27 for complete instructions*
- ♦ **In Person:** Visit the Society office and a volunteer will help you
- ♦ **By Phone:** Call the Society office at 604-228-1461

## Donate to Brock House Society

Brock House Society is funded by its members and by donors. Many members donate their time as volunteers, which allows us to deliver a wonderful variety of programs at very low cost. However, we still have many more programs that could be developed and delivered if we had more money.

We also inhabit an old house, and we always have infrastructure needs. One example is the elevator: we are trying to raise \$88,000 to bring the mechanical operation up to today's safety standards and another \$14,000 to update the interior.

If you'd like to donate to these infrastructure needs, please log on to our website: [www.brockhousesociety.com](http://www.brockhousesociety.com). Click on the **Fundraising** menu tab and then on the **Donate** link. You will be guided through the rest of the steps.

Any donation to the Society, large or small, will help us to expand our programs to attract an increasing 55+ presence to our community. Your generosity helps to strengthen and ensure our future.

For any donation of \$15.00 or more you will receive a receipt for income tax purposes.

**Members who have donated a cumulative amount over \$1,000 become Life Members of the Society.**

If you would like to donate in person, please visit the Office.

Thank you!

### How to Register Online

The steps to register for a program or event online are:

Note: To register for our unique programs or social activities, you must join Brock House Society first

1. Log on to [www.brockhousesociety.com](http://www.brockhousesociety.com)
2. Click on *What's On When*
3. Click on *View Schedule/Register*
4. Choose the program or social you wish to register for by using the month, week or day schedule option
5. Click on the event
6. Click in the View button and then follow the instruction.

Note: if in doubt, click the  on the floating widget.

## ACTING

### ACTING 101—BROCK HOUSE PLAYERS

Director: Eva Lister

Tuesdays, 1:00-3:00

Activity Room

Members of the Players plan to meet most Tuesday mornings at 10 am in the Meyer Room to explore the technique and practice of acting and performance. Under the direction of Eva Lister, they will learn stage etiquette, and how to move on stage, among other things. For the time being, they will not be staging any plays, however this may change in the future. Please come and see if you are interested.

## ARTS & CRAFTS

### ARTISTS' GROUP

Fridays, 9:00-12:30

Convenor: Gillian Olson

Art Room

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

### DOODLE ART

Convenor: Joan Ellis

Art Room

No charge

Have fun designing and colouring your own "Doodle Art". Bring a sketch book, a black permanent marker, a few pencil crayons and your imagination to this drop in class. We will start with several simple, inspiring projects that create exciting results.

### AR101 FALL DRAWING TECHNIQUES

Wed., Sept. 20-Nov. 8

Instructor: Jennifer Fenske

1:00-3:00

Art Room

\$100/8 weeks

Fall inspires us with its brilliant colours! Draw inspiration from the season - its colourful flora, fauna and changing light. Understand the basics of the colour wheel - primary, secondary, intermediate and complimentary colours - and why warm colours advance and cool colours recede. Advance your own personal style through developing a fluency with natural and linear perspective - one and two point - while exploring a range of techniques for creating form, depth, texture and tonal value. The creative process of Zentangle doodle pattern design will be explored. A few simple rules can open the door to creating more expressive compositions.

All levels welcome. Students are encouraged to provide their own subject materials or photographs to

## REGISTRATION INFORMATION & POLICIES

### PLEASE NOTE the CANCELLATION POLICY:

#### How to Register

There are 3 easy ways to register:

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See page 27 for complete instructions
- ♦ **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 will begin at 9:00 a.m. on the following days:

**Mon. August 21:** Chair Yoga; Tai Chi; Yoga; Zumba

**Tues. August 22:** All other exercise classes

**Wed. August 23:** All other classes & programs

Fees for classes and events include GST.

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

#### CANCELLATION POLICY

A **\$10.00 processing fee** will be charged when you withdraw from any course or activity.

There will be **no refunds** for cancellations made three business days prior to the beginning of a course or activity or as otherwise noted. There will be **no refunds** for cancellations made five business days prior to the date of any tours, unless otherwise noted.

#### REFUNDS FOR CANCELLATION OF CLASSES or ACTIVITIES

Classes which do not meet the minimum enrolment requirement by the designated deadline will be cancelled and the fee will be refunded. Cancellation fees do not apply in this case.

**If you are unable to attend a session of a class you are registered in, you cannot make it up by attending another class on a different day.**

#### DROP-IN POLICY

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

be used for their compositions. With guidance from the teacher, these individual projects will be developed into finished compositions during class, enabling students to draw subjects that inspire them. A detailed supply list will be provided with your receipt upon registering for the class. Please come prepared to the first class with all of your supplies to start drawing!

#### AR102 FALL WATERCOLOUR EXPLORATION

Mon., Sept. 18-Nov. 20

Instructor: Jennifer Fenske  
Art Room 9:30-11:30  
\$100/8 weeks

Capture the essence of Fall with its inspiring brilliant colours! Paint inspiration from the season - its colourful flora, fauna and changing light. Breathe new life into your composition through expressing unique patterns, textures and hues with basic watercolour techniques and painting mixes. Learn the role of colour and value as key components of the layering process to achieve paintings that glow with a broad range of colours, light and depth. The creative process of Zentangle doodle pattern design will be explored. Students can work from photographs or still life.

All levels welcome. Students are encouraged to provide their own subject materials or photographs to be used for their compositions. With guidance from the teacher, these individual projects will be developed into finished compositions during class, enabling students to draw subjects that inspire them. A detailed supply list will be provided. Please come prepared to the first class with all of your supplies to start painting!

#### AR103 MUSQUEAM WEAVING & STORYTELLING

Tues. Sept. 26-Nov. 14

Instructor: Debra Sparrow  
Begg Room 1:00-3:00  
\$95/8 weeks

Take part in a very special class with Debra Sparrow, a Musqueam weaver, artist and knowledge keeper. Using the unique Musqueam loom (cost included in the fee) you will be instructed in the technique of Salish weaving, while Ms. Sparrow shares stories. It is Debra's hope to educate others about the beauty and integrity of her people's history through her art. Debra is an acclaimed weaver who has been weaving for twenty years and is deeply involved with the revival of Musqueam weaving. Her Musqueam blankets are displayed at the Vancouver Airport, and at UBC. She is active in a program at the Museum of Anthropology designed to teach grade four children about Musqueam culture and history. She helped with the design of the Queen of the Night costume in the Vancouver Opera production of The Magic Flute. We consider ourselves very fortunate to be able to offer this class to Brock House Society members.

#### PORCELAIN PAINTING Wednesdays, 10:00-Noon Convenor: Merva Cottle Art Room

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

#### YARNS & NEEDLECRAFTS Mondays, 9:30-11:30 Convenors: Meyer Room

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

### BRAIN CHALLENGERS

#### CRYPTIC CROSSWORDS for BEGINNERS

Instructor: Maggie Sherlock Wed., 1:00-3:00  
Activity Room Oct. 4-Nov. 22

"These puzzles are for super smart people only": true or false? Join us for the first class to find out how cryptic crosswords work. Count yourself in for the entire course to enjoy the satisfaction of finding out that you too can learn to do them. It is a chance to be stimulated and to have fun. This introductory course is designed to teach people who have no previous experience in solving cryptic crossword puzzles. People with experience are welcome to join us. **Please register through the office.** Learning materials are provided but having a three-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.

#### CRYPTIC CROSSWORDS GROUP

Convenor: Maggie Sherlock  
Wednesdays, 10:30-noon

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).

### BRIDGE

#### ABSOLUTE BEGINNERS Mon. Sept. 11-Nov. 20 Instructor: Glenda Affleck 12:00-2:00 Begg Room

This class is for people who have never played bridge before. We will cover opening and responding to bids of 1 no trump and 1 of a suit. (No overcalls, doubles or competitive bidding.) The Stayman convention will be introduced, although there may be no time to practice. There will be practice hands after each lesson so you can practice what you have learned. Required for this class: "Bidding in the 21st Century", available online at amazon.ca or chapters.ca. **Pre-registration required.**

#### BR101 ADVANCED BRIDGE Tues. Sept. 12-Nov. 7 Instructor: Barry Yamanouchi \$90/9 weeks Art Room 12:30-2:30

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.

#### BR102 INTERMEDIATE BRIDGE Tues. Sept. 12-Nov. 7 Instructor: Barry Yamanouchi \$90/9 weeks Art Room 10:00-noon

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.

#### CHRISTMAS CHICAGO BRIDGE & LUNCH

Convenor: Jane LePorte Friday, November 17  
\$20 - Bridge & Lunch  
Begg Room & Conservatory 10:00-3:30

Come for a great day of bridge! There is a delicious lunch, prizes and great company. You must have a partner who is a member of Brock House Society. Limited enrolment. **For competent and confident players.** At least one partner must be able to score. Registrant's email address will be shared with the convenor.

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

#### SOCIAL Fridays, 12:30-3:30 Convenor: Mary Bliss Begg Room "Unserious bridge" - singles welcome. On-going unless otherwise advised.

#### SUPERVISED PLAY Mon. Sept. 11-Nov. 20 Instructor: Glenda Affleck 2:05-3:35 Begg Room

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

### COMPUTERS

#### COMPUTER DROP-IN Mondays, 1:00-3:00 Convenors: Computer Room John Dent, David Harding, Brian Luchak

These sessions are available for any member who wants assistance in using computers or needs help with certain programs. You must know how to use computers. Members can use the computers on their own or with help when needed. Volunteers will discuss problems and offer advice on computer topics as required. The lab has laptop computers with Windows 10 operating system and high speed Internet access. We can also help you with your tablets.

### COMPUTER CLASSES - PC & ANDROID

#### CP101 FILES & FOLDERS & DRIVES (Oh My!) Thurs. Sept. 14 Instructor: Alan Zisman 9:30-12:30 Computer Room \$50/3 hours

This class is an introduction to organizing files on your personal computer (laptop or desktop) - saving files, naming files, organizing them, and backing them up - and being able to find them when you need them. It is primarily - but not entirely - focused on Windows computers; feel free to bring your laptop to this workshop.

**CP102 USE THE INTERNET BETTER** Thurs. Sept. 21  
Instructor: Alan Zisman 9:30-12:30  
Computer Room \$50/3 hours

Learn how to be more efficient and effective online. What is a web browser and how to set the home page. How to use Google or other search engines to find what you're looking for. Working with email and email attachments. Plus introductions to social media and to online security.

**CP103 INTRODUCING WINDOWS 10**  
Instructor: Alan Zisman Thurs. Sept. 28  
Computer Room 9:30-12:30  
\$50/3 hours

If you buy a new computer it probably has Windows 10 on it, and if you're running Windows 7 or Windows 8, you've probably been deluged with messages urging you to move to Windows 10. Learn how the new version of Windows is different from - and the same as - previous versions, how to find what you need and how to get what you want done. Feel free to bring your Windows laptop along to this workshop.

**CP104 ANDROID PHONES AND TABLETS EXPLORED**  
Instructor: Alan Zisman Thurs. Oct. 5  
Computer Room 9:30-12:30  
\$50/3 hours

In this class, you will learn how to use your email, the camera, sound recorder, message centre, telephone, and Internet browser and how to customize your phone's settings and add apps. You will also learn how to shop for a new phone and transfer your apps, settings and photos to it, and how to adjust your smartphone to use less battery power and less data consumption. As well, you'll get tips on travelling with a smartphone, including avoiding high charges for travel outside BC. Feel free to bring your phone or tablet to this class. (Note: Apple's iPhone and iPad do not use Android and won't be covered in this class.)

**CP105 DIGITAL PHOTOGRAPHY PART 1**  
Working with your camera Thurs. Oct. 12  
Instructor: Alan Zisman 9:30-12:30  
Computer Room \$50/3 hours

This introductory class aims at helping you take better photos, whether you use your smartphone's camera, a 'point and shoot' pocket-sized digital camera, or a larger digital-SLR. Learn basic photography terms and what they mean and the parts, buttons, and settings on your camera. Learn to navigate the settings of your camera's menus. Learn to set your focus, flash, to take advantage of the lighting at different times of day and the basics of composition to take better pictures. (This is a stand-alone class)

**CP106 DIGITAL PHOTOGRAPHY PART 2**  
You've taken your pictures - Now What?  
Instructor: Alan Zisman Thurs. Oct. 19  
Computer Room 9:30-12:30  
\$50/3 hours

This class aims at helping you organize and work with your digital photos. Learn how to get photos from your camera, smartphone, or tablet onto your computer (Windows or Mac), how to use basic photo album software (iPhoto or Photos on a Mac, Picasa or Windows 10 Photos on Windows) to organize your photos into albums. We'll look at the basic tools built into these programs to rotate and crop photos, fix red-eye and more common errors. Learn some strategies for backing up your photos and for storing and backing up photos 'in the cloud' (online). We will also look at sharing photos using email and services like Facebook. (This is a stand-alone class)

**CP107 FACEBOOK FOR SENIORS** Thurs. Oct. 26  
Instructor: Alan Zisman 9:30-12:30  
Computer Room \$50/3 hours

Come and find out what Facebook is and how it works. You will learn how to create a free account, how to use the safety, security, and privacy settings, how to share your posts only with people who want to see them, how to send private messages and how to create and maintain a free page for groups you may be active with. Feel free to bring your laptop, tablet or smartphone to this workshop.

**CP108 TRAVEL BETTER with TECHNOLOGY**  
Instructor: Alan Zisman Thurs. Nov. 2  
Computer Room 9:30-12:30  
\$50/3 hours

Do you plan on taking a laptop, tablet, or smartphone with you when you travel? This workshop will help you stay connected with family and friends and to use your technology tools to help keep you from getting lost and understanding signs and menus. Learn how to avoid out-of-control mobile phone bills, whether it makes sense to get a temporary local phone number or enable roaming with your Canadian phone provider. Look at Wi-Fi alternatives to phone calls such as Skype and WhatsApp. See how you can use free Google apps like Google Maps and Google Translate on your phone, tablet, and laptop - and how you can access online maps and dictionaries even when you don't have an Internet connection.

## COMPUTER CLASSES APPLE/MAC

**CP109 CAMERA+ (iPhone)** Wed. Sept. 13  
Instructor: Andrea MacDonald 12:30-3:30  
Meyer Room \$50/3 hours

If the camera on the iPhone is leaving you flat, Camera+ will blow you away. With great features like image stabilization, 6X zoom, front flash, and a swath of advanced editing possibilities Camera+ leaves the standard camera app in the dust. In this class we will begin with basic shooting and then delve into the editing tools and features. This class is for iPhone users only. Camera+ is an optional app that costs \$3.49 for the iPhone version. Bring your charged device.

**CP110 PASSWORDS, SECURITY & FRAUD** Wed. Sept. 20  
Instructor: Andrea MacDonald 12:30-3:30  
Meyer Room \$50/3 hours

How can you choose (and remember!) strong passwords? What is "phishing" and how can you protect yourself? How do you improve your security and privacy? In this course learn to develop an awareness for internet and email fraud, learn about passwords, understand when your privacy is at risk and more. Come with your questions and concerns. This class is open to all device users. There is no need to bring anything. Handout provided.

**CP111 DASHLANE** Wed. Sept. 27  
Instructor: Andrea MacDonald 12:30-3:30  
Meyer Room \$50/3 hours

You don't need to remember your passwords any more. That paradigm has changed. In this class you learn to use Dashlane, a free password vault for all devices. Using Dashlane means you only ever need to remember one password; the software will take care of the rest, including filling out forms, logging you in, and even saving credit card info and receipts for online purchases. This class is for all devices. Please install Dashlane on your charged device prior to class or contact the instructor for assistance.

**CP112 iOS 11 LEVEL 1** Wed. Oct. 4, 11 & 18  
Instructor: Andrea MacDonald 12:30-3:30  
Meyer Room \$120/3 x 3 hour classes

In this fun, three-week class we will start with the basics: touring the device and becoming familiar with its features. We will discuss privacy and security, learn typing tips and dictation with Siri. Other topics covered include the Control Centre, the iPhone, iCloud, the camera, Mail, Contacts, Messages, Safari, the App store and more! This class requires you to update your device to the latest operating system, **iOS 11**. If you need assistance with

this please contact the instructor prior to class. Note: This class is for users of the iPad, iPod Touch, or iPhone. Bring your charged device. This is a 3 session class and you are enrolling in all sessions. Mac or Windows.

**CP113 iOS 11 WHAT'S NEW** Wed. Oct. 25  
Instructor: Andrea MacDonald 12:30-3:30  
Meyer Room \$50/3 hours

The 2017 update for the iPhone, iPad, and iPod Touch offers many new things. In this session we will review all of the new features and how to use them. At this point the new features are unknown. As soon as this information becomes available it will be on the instructor's web site.

This class is for those who have already taken the intro course, or have had their device for a while and are comfortable with the basics. Please bring your charged device, updated to iOS 11.

**CP114 EVERYTHING SIRI** Wed. Nov. 1  
Instructor: Andrea MacDonald 12:30-3:30  
Meyer Room \$50/3 hours

Siri is a fantastic tool for getting things done on your device. From dialling your phone, to searching Google, to even reading and writing your text messages for you, Siri is indispensable. In this class we will delve deeply into how Siri can make your experience with your device easier and more fun with her huge list of concierge services. We will also learn how to dictate rather than type anywhere on your device. This class is for iPad/iPhone/iPod Touch with Siri. If you are unsure if you have Siri, please contact the instructor prior to class.

**CP115 ORGANIZING YOUR EMAIL** Wed. Nov. 8  
Instructor: Andrea MacDonald 12:30-3:30  
Meyer Room \$50/3 hours

Email is the most popular form of communication today. We begin by reviewing the basics and then move on to advanced skills like: sending photos and attachments, saving photos and documents you have received, creating folders to sort and store mail, using signatures, saving contact information, receiving notifications and more. Please bring your charged device.

**CP116 iOS 11 LEVEL 2** Wed. Nov. 15, 22 & 29  
Instructor: Andrea MacDonald 12:30-3:30  
Meyer Room \$120/3 x 3 hour classes

Intro to the iPad/iPhone continues with Level 2. In this three-week session we continue where we left off. Topics include: troubleshooting, customization, notifications, FaceTime, Reminders, Calendars, Notes and the continuation of typing skills, the phone, and Messages. This class is for iPad, iPhone, and iPod Touch users only. Please bring your charged device, updated to iOS 11.

## FITNESS & HEALTH

### BALANCE, POSTURE & STRENGTH

Tent/Activity Room

Instructors provided by *Love Your Age Fitness Inc.*

This mindful and engaging moderate level class will begin with a short low-impact cardiovascular segment focusing on agility and gait, followed by exercises to improve balance, strength, posture, and body alignment. Class activities will emphasize coordinated movement and engagement of the correct muscles used in walking and balancing the body.

**FH101** Mon. Sept. 11-Nov. 27  
9:35-10:35 \$100/10 weeks  
**FH102** Wed. Sept. 13-Nov. 29  
8:30-9:30 \$120/12 weeks

### FH103 BONE, SPINE & BALANCE

Tent/Halpern Room

Mon. Sept. 11-Nov. 27

10:45-11:45

\$100/10 weeks

Instructors provided by *Love Your Age Fitness Inc.*

This gentle level 1 class emphasizes exercises to improve balance, posture and agility in order to reduce the risk of falls and fractures. Participants will learn proper movements in order to protect the spine, and how to walk with greater ease and stability. Mobility aids such as walkers and canes may be used throughout the class. All exercises may be adapted for seated or standing as needed.

### FH104 Brain Fitness & the Arts

Activity Room

Tues. Sept. 12-Oct. 17

Instructor: Janice Bannister

\$90/6 weeks

10:30-12:30

New studies show that we can stimulate our brains by learning through the arts. Participating in challenging art activities promotes mental well-being in many different ways. By exploring different arts, we will take a cross-training approach to exercising the brain. We will explore a new art form each week, including visual arts, music and singing, improv and theatre, writing, and dance and movement. Brain fitness helps keep the mind sharp and improve thinking and memory.

**Note: Involves active participation**

### FH105 CHAIR YOGA

Tues. Sept. 12-Nov. 28

Begg Room/Tent

\$100/12 weeks

Instructor: Annette Wertman

11:15-12:15

Yoga with a chair is for students of all ages and abilities who find traditional yoga uncomfortable for various reasons. The chair sometimes replaces the mat and sometimes is used as a prop. This allows for greater accessibility and stability. Yoga with

a chair increases your strength, balance, concentration and flexibility; encompasses all aspects of an individual: physical, emotional, mental and spiritual. Come and explore the benefits of yoga with a chair in a safe and fun environment.

### HIKERS

Saturdays, Out of House

Convenors: Margit Arthur, 604-224-6627

Jane McDonald, 604-264-1250

Any member of Brock House Society who is used to hiking is welcome to join our group. Please phone the coordinators or the hike leader prior to your first hike. Have appropriate footwear and bring your lunch including sufficient fluids. Hikers participate at their own risk and will be asked to sign a waiver. Dogs are not permitted on hikes. Hikes may be changed according to the weather or trail conditions.

Carpools. *All hikes to Oct. 28 leave at 8:30 a.m. sharp unless otherwise noted. The meeting place is on Larch Street between 10th & 12th Avenues. Please arrive 15 minutes early to arrange carpools. All hikes from Nov. 4 leave at 9:00 a.m. sharp unless otherwise noted.*

**Hikes start at 8:30 am**

Sept. 2 Nelson Creek to lookout, Cathie, 683-1083

Sept. 9 Bridle Path (N. Van.), Margit, 224-6627

Sept. 16 Yew Lake to Bowen Island Lookout and Strachan Meadows, Charles, 224-6627

Sept. 23 West Lake, Blue Gentian Lake and cabins, Margit, 224-6627

Sept. 30 Academy Trail (Buntzen Lake), Mike D., 790-6853

Oct. 7 Lighthouse Park, Gordon, 261-6674

Oct. 14 Spirea Nature Trail and Mike Lake (Golden Ears Park), Margit, 224-6627

Oct. 21 Buntzen Lake Lakeview Trail, Mike D., 790-6853

Oct. 28 Sasamat Lake/ Belcarra Crossover Charles, 224-6627

**Hikes start at 9:00 am**

Nov. 4 Seaview Madrona (West Van) Joanne, 433-1044

Nov. 11 Boundary Bay, John W., 565-6294

Nov. 18 Coquitlam River, Tomina, 736-1874

Nov. 25 Simon Fraser from North Road, Chon, 263-2316

Dec. 2 Stanley Park, Cathie, 683-1083

Dec. 9 Capilano Canyon, John W., 565-6294

Dec 16 Mosquito Creek, Jane, 264-1250

Dec 23 Pacific Spirit Park, Grace, 261-4498

Dec 30 Steveston dikes, Ruth, 738-5094

### FH106 Music Therapy

Mon. Sept. 18-Dec. 4

Halpern Room

\$100/10 weeks

Instructor: Megan Goudreau

9:00-10:00

Music Therapy is the skillful use of musical elements by an accredited music therapist to promote, maintain and restore mental, physical, emotional and spiritual health.

**This course is funded by the Government of Canada New Horizons for Seniors Program**

Sept. 18 **Introduction to Music Therapy:** Learn about the history and practice of Music Therapy.

Sept. 25 **Relaxation and Music:** This week we will explore music as a means for relaxation and wellness. Singing Bowls: according to Tibetan oral tradition, the existence of Singing bowls dates back to the time of the historical Buddha (560-480 B.C.) Singing bowls produce sounds which invoke a deep state of relaxation. In addition to relaxation, singing bowls are used for stress reduction, holistic healing, balancing and world music.

Oct. 2 **The Rhythm of the Heart:** Drums and a variety of Rhythm instruments will be used to make music. Everyone in the group will get a chance to try out the instruments and try their hand at creating rhythmic patterns.

Oct. 16 **The Ringing of the Bells:** Tone Chimes: handbells will be used to create wonderful music. Members will work together as a bell orchestra. Don't worry, the Music Therapist will be there to conduct and lead you through the experience. Laughter is a common side effect when using the bells.

Oct. 23 **Reminiscence and Music:** Take a trip back in time with all the music you remember.

Oct. 30 **Making Music:** Hands on music-making with a wide variety of instruments

Nov. 6 **The Ringing of the Bells:** Tone Chimes-- Again, hand bells will be used to create wonderful music. Members will work together as a bell orchestra. Don't worry the Music Therapist will be there to conduct and lead you through the experience. Laughing is a common side effect when using the bells.

Nov. 13 **Music and Medicine:** A presentation on the many amazing ways in which music can help with the healing process in the medical system. There's just something about music — particularly live music — that excites and

activates the body," says Joanne Loewy. She is a researcher on the subject whose work is part of a growing movement of music therapists and psychologists who are investigating the use of music in medicine to help patients dealing with pain, depression and possibly even Alzheimer's disease. "Music very much has a way of enhancing quality of life and can, in addition, promote recovery."

Nov. 20 **Sacred Singing:** Music often touches our lives deeply. This week we will explore the sacred nature of music in many cultures.

Nov. 27 **Active Music Making:** In this session we will explore instruments and make music to familiar songs of the decades.

Dec. 4 **Members' Choice:** At the last session, group members will choose their favorite moments.

### POLE WALKERS

Wednesdays, Out of House

Convenor: Mona Kriss

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](mailto:mjkriss78@gmail.com).

### FH107 STRETCH & STRENGTHEN BODY & MIND

9:35-10:50

Wed. Sept. 13-Nov. 29

Tent/Activity Room

\$150/12 weeks

Instructors provided by *Love Your Age Fitness Inc.*

This fun and innovative moderate level class will focus on agility, mobility, stability, and strength. Functional strength exercises will train your muscles to work together while emphasizing core stability. Balance exercises will incorporate "Brain Moves" for both cognitive and sensory aspects of balance. The last part of the class focuses on postural alignment exercises, active range of motion, stretching, imagery/visualization, and deep relaxation. All exercises can be adapted for seated or standing.

### TAI CHI

All classes 8:45-9:45

Instructor: Kelly Maclean

Conservatory

FH108 Beginning 24 Form

Tues. Sept. 26-Dec. 5

\$110/11 weeks

Tai Chi is a gentle form of exercise, a martial art, and a moving meditation, based on the principle of the interplay of Yin and Yang. Slow and graceful movements improve balance, co-ordination and well-being. Emphasis on proper alignment promotes Qi flow through the body, and sustained concentration makes it an excellent exercise for the mind as well! New beginners are welcome to join this class - you will be able catch up to the group easily.

**FH109 24 Form Review** Wed. Sept. 27-Nov. 29  
\$100/10 weeks

This course is for those who have studied the first half of the 24 Form. Even if you think you have forgotten most of it, you don't have to start all over again. We will spend some time reviewing the first half and picking up the pieces before we get into any new movements.

**FH110 24 Form Review** Mon. Sept. 25-Dec. 4  
& 48 Form Part 2 \$90/9 weeks

This course is for those who already know the 24 Form and would like to go deeper. We will continue to work on the mirror image of the form, and perhaps take a peek into the 48 Form as well.

**FH111 48 Form Review** Thurs. Sept. 28-Dec. 7  
\$110/11 weeks

In this class, we will continue to work on the last portion of the 48 Form. We will probably finish mapping out the choreography of the last section! 24 Form is still included as part of our warm-up. This course is not suitable for newcomers, unless they have prior experience with the 48 Form.

**FH112 WHOLE BODY CARDIO & FUNCTIONAL  
FITNESS** Mon. Sept. 11-Nov. 27  
Tent/Activity Room \$100/10 weeks  
8:30-9:30

Instructors provided by *Love Your Age Fitness Inc*  
This moderate level class incorporates a variety of low-impact cardiovascular/aerobic exercises, followed by strength, balance, posture and core exercises.

**YOGA** Begg Room  
Instructor: Jasper Sircus

This seniors' yoga program includes full modifications for almost any pose; gentle, basic-level instruction tailored to meet each person's needs. Props are used when necessary: chairs, wall, yoga straps, blocks, etc. The instructor does not provide any equipment – please bring your own yoga mat to participate in this program.

Tues. Sept. 12-Nov. 28  
FH113 - \$160/12 weeks (90 minutes) 8:30-10:00  
FH114 - \$110/12 weeks 10:15-11:15  
Thurs., Sept. 14-Nov. 30  
FH115 - \$110/12 weeks 8:45-9:45  
FH116 - \$110/12 weeks 10:00-11:00  
Fri., Sept. 15-Dec. 8 (no class Nov. 17 or Nov. 24)  
FH117 - \$100/11 weeks 9:00-10:00  
FH118 - \$100/11 weeks 10:15-11:15

**ZUMBA for SENIORS**  
Tent

Instructor: Shadia Serrano

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

Tues., Sept. 12-Nov. 28  
FH119 - \$100/12 weeks 9:15-10:15  
Fri., Sept. 15-Dec. 1  
FH120 - \$100/12 weeks 9:30-10:30

**INDOOR GAMES**

**BILLIARDS** Monday-Friday, 10:00-3:30  
Key in office. Billiards Room

**CHESS** Tuesdays & Thursdays, 1:00-3:00  
Convenors: Meyer Room  
A. Ramirez, R. Wooldridge

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

**MAH JONG** Wednesdays, 12:15-3:30  
Convenor: Maribeth Ruckman Games Room  
\$1/Session

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

**SCRABBLE** Thursdays, 1:00-3:00  
Drop In Conservatory  
Scrabble is a lot of fun and members who love to play have organized this weekly gathering. Feel free to join them, and receive some of the many mental benefits that Scrabble players enjoy. There is a sign-up list in the office so that you can arrange a play date. There are several Scrabble sets in the office games cupboard - even one in French.

**TABLE TENNIS** Monday, Tuesday & Friday  
Convenors: 12:30-3:30  
Doug Smith, Keith Bramwell Activity Room  
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.

**INTELLECTUAL PURSUITS**

**IS101 ART HISTORY** Mondays, 1:00-3:00  
Oct. 16, 23; Nov. 6, 20 & 27; Dec. 4  
Instructor: Jessa Alston-O'Connor  
Halpern Room \$100/6 weeks  
Impressionism: Modern Artists, Lasting Legacy

Impressionism has become one of the most popular European modern art movements, but it was heavily criticized during its era. Why? Join us as we explore the origins and fundamentals of impressionism, and compare many of the key artists who created this movement. These include: Claude Monet, Édouard Manet, Pierre-Auguste Renoir, Paul Cézanne, Edgar Degas, along with Frédéric Bazille, Gustave Caillebotte, Mary Cassatt, Armand Guillaumin, Berthe Morisot, Camille Pissarro, Paul Cézanne, Edgar Degas and Alfred Sisley. How did Impressionism inspire or influence younger artists who came after, like Vincent Van Gogh or Georges Seurat? If you enjoy impressionism and want to go deeper into the lives and works of some of the most iconic European modern artists, this course is the perfect opportunity.

**DISCUSSION SERIES** Wednesdays, 10:00-11:30  
Convenor: Ingrid Hanslo Meyer Room

Come and join the Brock House Discussion Group. New members are welcome. Members suggest topics that are often first introduced by a presenter and then opened to all for discussion. The discussions are thought-provoking, stimulating, educational, challenging and fun! *No charge*

Sept. 13 Do aboriginal languages deserve official status and their use be permitted in Parliament?  
Sept. 20 The US invasion of Iraq has done more harm than good.  
Sept. 27 HOT TOPIC  
Oct. 4 How should Ottawa respond to the new US administration?  
Oct. 11 India today.  
Oct. 18 Is the Site C Dam good or bad for BC?  
Oct. 25 Voting should be made mandatory.  
Nov. 1 HOT TOPIC  
Nov. 8 When does expertise matter and when does common sense matter?  
Nov. 15 The dangers of unaffordable housing.  
Nov. 22 Can Canada validly claim to be a leader in the "fight against climate change"?  
Nov. 29 Will B.C.'s new government last more than a few months?

Dec. 6 HOT TOPIC  
Dec. 13 Electoral reform--do we need it in Canada?  
Dec. 20 What does 'respecting religious freedom' mean?

**ESTHER BIRNEY LITERATURE SERIES**  
Halpern Room Thursdays, 10:30-11:30  
(no lectures Sept. 28, Oct. 26 or Nov. 23) Q&A 11:45  
Convenor: Glenys Acland

We are pleased to present a variety of lectures on *Opera*, *Our 4 Top-Ranked Canadian Authors and Their Novels*, *Hot off the Press Historical Fiction* and a *Christmas Stories Special*. Make sure you note the dates on your calendar for the lectures you want to attend.

**1. Beginnings**  
September 14<sup>th</sup>: Pnina Granirer will discuss her recently published memoir *"Light within the Shadows: A Painter's Memoirs"*. Pnina is an internationally recognized Vancouver artist and co-creator of *Artist in Our Midst*.

**2. Opera - Jenufa**  
September 21<sup>st</sup>: Robert Holliston (*Pacific Opera Victoria's Principal Coach and Performance Lecturer*) will discuss POV's Opera *Jenufa* – Music and Lyrics by Leos Janacek. Internationally known director Atom Egoyan directs this gripping opera masterpiece that centres on the relationship between two formidable women - Jenufa and her Stepmother.

Group tickets and transportation package to see POV's production of *Jenufa* on Sunday, October 22 for the matinee performance are available through the Brock House Society office or online. Program Chair *Glenys Acland* will be on this tour. Bus leaves BH at 9:30 am, returns to BH at 9:40 pm. You will be transported from Brock House to the ferry, on to the Opera House and back to Brock House. On the bus from the ferry to the VOP opera house you will enjoy a DVD lecture on *Jenufa*. *Complete itinerary on page 25*.

**3. Our top 4 Ranked Canadian Authors and their Novels (Canadian Classics)**  
October 5<sup>th</sup>: Dr. Andrew Parkin (*Professor Emeritus at the Chinese University of Hong Kong*) presents *Robertson Davies*, in particular Davies' book *The Fifth Business*. Davies was one of Canada's first internationally acclaimed authors. Part of the *Deptford Trilogy*, the characters demonstrate Davies' belief that matters of the spirit are more important than worldly concerns.

**October 19<sup>th</sup>:** Dr. Jennifer Wade presents *Hugh MacLennan* - novelist, essayist, professor and the author of the ground-breaking novel *"Two Solitudes"*. The novel deals with English-French tensions in Quebec and the struggle for belonging. (As a fellow Maritimer, Dr. Wade was personally acquainted with Hugh and his sister.)

**November 2<sup>nd</sup>:** Dr. Brian Coleman presents novelist, short-story writer and broadcaster *Morley Callaghan*. Callaghan published his first stories when he lived in Paris, where he met the likes of Hemingway and Ezra Pound. Many of his stories, such as *More Joy in Heaven*, look at the lives of ordinary people who try to come to terms with the hurdles of life, its joys and sorrows. (Dr. Coleman read English literature at Loyola College Montreal, McGill University and University College London.)

**November 16<sup>th</sup>:** Dr. Malcolm Page (Professor Emeritus of SFU [1970]) presents *Michael Ondaatje*, OC, poet, novelist, film maker and editor, in particular the novel *In the Skin of a Lion*, in which he explores the lives and politics of the immigrant workers who built many of Toronto's great edifices

**4. Hot off the Press - Three Historical Fictions by Local Authors**

\*These books will be on sale after the talks\*

**October 12<sup>th</sup>:** Lisa Anne Smith discusses her latest book, a superb biography of *Emily Patterson*, the first nurse in Western Canada, whose self-taught medical skills earned her great recognition around the 19<sup>th</sup> century Burrard Inlet.

**November 9<sup>th</sup>:** David Starr reads from and discusses his historical novel *The Nor' Wester*, which follows Simon Fraser on his harrowing journey to the Pacific.

**November 30<sup>th</sup>:** Join B.C. historian *Jim McDowell*, author of *Uncharted Waters*, for an illustrated presentation of the Spanish explorer Jose Maria Narvaez, who mapped the Pacific Northwest Coast, made first contact with Indigenous peoples in the area, and was the first European to explore the site of present-day Vancouver.

**5. A Christmas Special Presentation**

**December 7<sup>th</sup>:** The final Esther Birney presentation for 2017.

1. Dr. Jennifer Wade will read her story *"The Celluloid Angel"*, which was originally published in the *Atlantic Advocate* and was later chosen for an anthology of Christmas stories entitled *The Winter House* (Nimbus 2011)

2. An introduction to *"Christmas in the Trenches"* Read by Anne Klintworth
3. You Tube song presentation of *"Christmas in the Trenches"*
4. A 'Newfie' Version of *"The Night Before Christmas"* read by Caroline Leckie, who hails from Bay Roberts, Newfoundland.

Harpist *Elsa Thorn* will accompany the readings with Christmas music.

**IS102 FILM NOIR** Thurs. Sept. 28-Nov. 2  
**Instructor: Stan Markotich** \$100/6 weeks  
**Halpern Room** 12:30-2:30

What is Film Noir? Let's watch clips from at least 3 noir classics and then...

In this six week course we explore the origins of what may be America's greatest contribution to the arts - the film noir. We begin with the origins, the background, and trace the development of the events that led to an abrupt demise in 1959. To be sure, elements of noir have remained in American film, but the movement has disappeared. Hollywood, long known for fantasies and demanding happy endings, seemingly all of a sudden in the 1940s commissioned film after film that was marked, some say marred, by cynicism and a dark view of human nature that produced only unhappy endings.

By the end of this course, you will be able to explain the cultural and economic factors that birthed the noir, and not only made it viable but the most in-demand cinematic experience in America if not the world.

We'll also explore how the noir influenced world art, and how directors on several continents credited this form for making and defining their own careers. We'll explain why noir died while noting that perhaps this had less to do with waning popularity than many assume was the case. We'll examine a few noir standards in order to see and examine the genre's tropes: Who are prototype noir characters? What is a noir plot? Can a noir have a happy ending? How have noir influenced other genres? What is noir cinematography, direction, acting? By the end of the course, you will be able to appreciate, deconstruct and explain any noir.

Most of the lecture content will come from/about three films: *Detour*, *The Big Heat*, *Kiss Me Deadly*. I'll also use *The Postman Always Rings Twice*, *Gilda* and *The Maltese Falcon*.

**IS103 First Nations 101** Thursday, Dec. 7  
**Halpern Room** 1:30-3:00

**Speaker: Lynda Grey, Tsimshian Nation** \$5  
Ten members of Brock House Society, under the leadership of Gerri Patriquin-McKee, have been studying Lynda's book *First Nations 101*, as well as researching other material to come to a deeper understanding of indigenous and settler relationships. Please join us to hear what Ms. Grey has to share with us. There will be an opportunity after the presentation for a short Q&A. First Nations 101 will be for sale after the presentation for \$20.00.

Lynda's work is grounded in a strong belief in community development, youth empowerment, and culture as therapy. She served as the Executive Director of the Urban Native Youth Association in Vancouver from 2006-2014, has a degree in Social Work from UBC, and released her best selling book *First Nations 101* in June, 2011. She sits on various boards including the UBC President's Advisory Committee on Aboriginal Issues and the Vancity Community Foundation. Lynda is the proud mother of two adult children and an active member of the First Nations community.

**HISTORICAL WALKING TOUR OF JERICHO BEACH PARK** Wednesday, Sept. 13, 10:00 a.m.

Meet at Jericho Arts Centre, 1675 Discovery St.

**Leaders: Lisa Smith, Jo Pleshakov and Mike Cotter**

The green spaces of today's Jericho Beach Park hide a multi-layered history. Closed to the public for many years after WW2, it was not until 1975 when the City of Vancouver purchased the land from the federal government that the park was born. Today, little is visible of the park's earlier history as a Musqueam fishing camp, as a logging spread supplying Stamps Mill at Hastings & Dunlevy, as a country club, and as a military base. **NB: The tour begins at Jericho Arts Centre and ends at Hastings Mill Store Museum.**

Jo Pleshakov joined Brock House in 2010, but soon found herself engrossed in putting together *"From Thorley Park to Brock House"*. Lisa Smith, also a Brock House Society member, is a docent at the Museum of Vancouver, a curator for the Old Hastings Mill Store Museum and has published three local history books. Mike Cotter has been JSCA's General Manager since 1988 and is a fount of knowledge about Jericho Park's aviation and marine history.

**LECTURE SERIES** Tuesdays, 10:30-11:30  
**Convenor: Allan Strain** Halpern Room

Knowledgeable specialists lecture on diverse topics.

Sept. 12 **The Rhodes Scholarship Today:** Andrew Wilkinson, National Secretary, Rhodes Trust Canada

Sept. 19 **Reflections on 50 Years in the Law, both in front of and behind the Bench:** Judge Randall Wong, retired Judge and Brock House member.

Sept. 26 **Immigration and the Economy:** Daniel Hiebert, Department of Geography, UBC

Oct. 3 **History of Coalition Governments in BC:** Gerald Baier, Political Science, UBC

Oct. 10 **Global Warming & Climate Change - Perspective on World Energy:** Stan Ridley, West Energy Management (has held senior positions with BC Hydro and SNC-Lavalin Power)

Oct. 17 **BC's Booming Film Industry:** Marnie Orr, Creative BC

Oct. 24 **BREXIT:** Nicole Davison, British Consul General

Oct. 31 **The Value of Boredom in Children:** Dr. Adele Diamond, Developmental Cognitive Neuroscience, UBC

Nov. 7 **The 500th Anniversary of the Reformation and Martin Luther:** Richard R. Topping, Professor of Reformation Studies and Principal, Vancouver School of Theology

Nov. 14 **A Canadian Contribution Abroad: Farm Radio in Africa:** Liz Hughes

Nov. 21 **Homelessness and Poverty in Vancouver:** Jean Swanson, Activist for the Homeless

Nov. 28 **History of Tree Planting on the BC South Coast:** David Brownstein, Klahanie Research

Dec. 5 **The Forensic Role of Botany:** Rolf Mathews, Biological Sciences, SFU

**IS104 LEGENDARY PERFORMERS** \$90/6 weeks  
**Instructor: Neil Ritchie** Fri., Oct. 13-Nov. 17  
**Halpern Room** 10:00-12:00

Oct. 13 **Jon Vickers:** Born in Prince Albert, Saskatchewan, became the opera world's greatest dramatic tenor but always maintained some land to farm.

Oct. 20 **Andre Previn:** Composer, conductor, jazz and classical pianist with an intriguing love life make Previn a fascinating original.

Oct. 27 **Jerry Herman:** Back on Broadway again with Bette Midler in the title role of *Hello Dolly*, Herman also wrote enduring hits like *Mame* and *Cages aux Folles*.

Nov. 3 **Big Band Jazz:** Not to be confused with dance bands, Count Basie, Benny Goodman, Duke Ellington, and Stan Kenton used the big band as their chosen instrument.

Nov. 10 **Lena Horne/Shirley Horn:** They may share the same last name, but that's where the similarities end. Lena - glamorous and dramatic; Shirley - introspective and the finest pianist/singer of them all.

Nov 17 **Paul Simon:** Simon and Garfunkel was a good start, but this brilliant songwriter kept it fresh by exploring his musical curiosities and borderless explorations.

**LUNCH WITH TED - IDEAS WORTH SPREADING**  
Convenors: Games Room  
Patricia Buckley, Christine Chou

**Mondays, 12:00-1:30**

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

**Sept. 11 Shakespeare**

Shakespeare is Everywhere, *Christopher Gaze*  
What would Shakespeare think of us? *Dan Poole & Giles Terara*  
The Power of Imagination: Lessons from Shakespeare. *John Bolton*

**Sept. 18 Aging**

Life's Third Act, *Jane Fonda*  
What I learned from 2,000 obituaries, *Lux Narayan*  
What really matters at the end of Life, *B.J. Miller*

**Oct. 2 Talks you won't be able to stop thinking about**

My stroke of insight, *Jill Bolte Taylor*  
Moral behaviour in animals, *Frans de Waal*  
Should you live for your resume or your eulogy? *David Brooks*

**Oct. 16 Storytelling**

The Technology of Story Telling, *Joe Sabia*  
Everone around you has a story the world needs to hear, *Dave Isay*  
The clues to a great story, *Andrew Stanton*

**Oct. 30 How Music Affects Us**

The transformative power of classical music, *Benjamin Zander*  
How architecture helped music evolve, *David Byrne*  
Building the musical muscle, *Charles Limb*

**Nov. 6 Language**

The Ancestor of Language, *Murray Gell-Mann*  
The Joy of Lexicography, *Erin McKean*

**Nov. 27 Libraries**

Designing books is no laughing matter - OK, it is! *Chip Kidd*  
Why a good book is a secret door, *Mac Barnett*  
How to design a library that makes kids want to read, *Michael Bierut*

**Dec. 4 Birds**

The Early Bird Watchers, *Ted Birkhead*  
Why I love Vultures, *Munir Virani*  
The Great Penguin Rescue, *Dyan deNapoli*

**TRAVEL SERIES** Mondays, 10:30-noon  
Convenor: Jo Pleshakov Halpern Room

*Photographers share their travel experiences*

- Sept. 11 Hill Tribe People of Myanmar & Mozambique - Better Times after Years of Civil War: *David & Diane Reesor*  
Sept. 18 Madagascar, the Eighth Continent: Amazing Wildlife: *Peter Candido*  
Sept. 25 Northwest Passage: *Rob Allan*  
Oct. 2 Tunisia: Great Ruins, Great Struggles: *Marilyn Bowman*  
Oct. 9 THANKSGIVING - NO TALK  
Oct. 16 Israel & Palestinian Territories: An Ancient World with Modern Problems: *Graham Baldwin*  
Oct. 23 Southern England: Brixham & London: *Rose Taylor*  
Oct. 30 Mexico City and San Miguel de Allende: *Don Forsyth & Elizabeth Barthel*  
Nov. 06 A Military History of British Columbia: *John Redmond*  
Nov. 13 REMEMBRANCE DAY - NO TALK  
Nov. 20 Diving in Indonesia: Raja Ampat and Bali: *Jennifer Ingram*  
Nov. 27 Southern Ocean Expedition: Falklands, South Georgia Island and Antarctica: *David Bigio & Loring Pollack*  
Dec. 04 Canada's Colourful Heartland - Ontario: *John Smith*

**POWER SHIFT DISCUSSION GROUP**

Games Room Thursdays, Oct. 19-Nov. 23  
Convenor: Nonie Lyon 9:30-11:30  
**Beyond electoral reform to democratic reform.**

We will be reading and discussing the ideas in the book, *Power Shift: from political elites to informed citizens* by Vaughan Lyon, Prof. Emeritus of political science, Trent University. In the book, the limitations of our current system are explored, alternatives that have been suggested are considered and a proposal to actively engage citizens in policy making is outlined. A copy of the book will be provided to each participant.  
In a review of the book by Frank Bayerl in the Canadian Centre for Policy Alternatives' *Monitor*, he notes: "We live in what purports to be a representative democracy where elections allow us to make our views known to those who represent us in Parliament. All too often, however, those elected representatives follow a rigid party line set by their

leader and ignore the views of their constituents." Bayerl states that *Powershift* is an important book that deserves to be read by anyone concerned about Canadians' increasing cynicism toward politics, declining voter turnout, and the shift in power he (Lyon) so clearly outlines from Parliament to the Prime Minister's office and to the Prime Minister himself.

**IS105 Vancouver Fall Birding**  
Instructor: Graham Sunderland \$60/5 weeks  
Lectures: Halpern Room

Wed. Sept. 13, 1:30-3:00  
Wed. Oct. 25, 10:00-11:30

Walks: 10:00-2:00 Out of House

Wed. Sept. 20 Reifel Bird Sanctuary

Wed. Oct. 4 Stanley Park

Wed. Oct. 18 Jericho Park

Join Naturalist Graham Sunderland on three fun and educational field trips to showcase the variety of bird life in the Vancouver area during the Fall. Tips on identification will be combined with background on the lifestyles of the various species encountered as well as some explanation of the different habitats. The field trips will be bookended by two sessions at Brock with informative Power-Point presentations; meeting places for the field trips will be arranged at the first class at Brock House on September 13.

**PHILOSOPHY** Tuesdays, 1:15-3:00  
**READING and DISCUSSION GROUP** Games Room  
Convenor: Glenys Acland

**Part 3: Beginnings of Modern philosophy:**

**The Seventeenth and Eighteenth Centuries**

The material provided in this course is designed as an introduction to philosophy and will provide answers such as: How do we come to acquire knowledge? What is it possible to learn? Are there any limits to what we can know? We will also discover the influence of philosophy on morality and the theory of art. We will come to terms with bedeviling terms such as "metaphysics" and "epistemology". Members will be requested to come to the group prepared to participate in discussion on the agreed weekly text readings. We will also view the **Great courses DVD** lecture series during the sessions. Text- *A History of Philosophy* by Jack Thomson is available from convenor at a cost of \$10.00. Group is limited to 12. Please contact the convenor through the office before attending for the first time.

**LANGUAGES**

**CONVERSATIONAL FRENCH**

The Sorbonne Ecole de Francais is a Canadian-owned French language school. The school prides itself on the high quality of the teaching and on the dedication to the students. The classes are focused and instructive, energetic and fun.

Instructor: Julie \$90/each 9-week class  
Begg Room Mon., Sept. 11--Nov. 20

**LG101 BEGINNERS** 9:30-11:00

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!

**LG102 INTERMEDIATE** 11:15-12:45

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

**LG103 ADVANCED** 1:30-3:00

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

**SPANISH CONVERSATION**

Basic conversation and pronunciation in an informal setting. Excellent experience for those planning to travel to Mexico and South America. **Registration is required for these classes.**

Instructor: Carlos Rabago Games Room  
Tuesdays Sept. 19 to Oct. 24  
Level 1-Beginners 11:00-Noon  
Level 2-Intermediate Noon-1:00

## MUSIC PROGRAMS

### BROCK HOUSE BIG BAND Out of House

Director: Andrew Clark, 604-842-8581

Outreach: Brenda Clark, 604 842-8581

The Brock House Band meets for practice each week at:

W.P.G. Com. Centre (Aberthau):

Tuesdays, 10:00-11:30

Kerrisdale Seniors' Centre:

Fridays, 9:30-11:45

### BROCK HOUSE CHAMBER PLAYERS

Wednesdays, 12:30-3:00

Director: Jim Whittaker

Begg Room

We are always looking for talented members who play a stringed instrument! Come by to see us on Wednesday afternoon with your instrument and we will be glad to see you. Set-up at 12:30, music from 1:00-3:00.

### BROCK HOUSE CHOIR

Out of House

Director: Elsie Stephen

Tuesdays, 1:00-3:30

We are a four-voice choir. At present we cannot take any more members, but if you would like information please call Heather Friesen at 604-221-0080. Practices are held at the Seniors' Centre, Kerrisdale Community Centre.

### HANDBELLS

Out of House

(Brock House/Kerrisdale)

Conductors:

Grace Lau & Cheryl McHugh Mondays, 9:30-Noon

Jeong Hur Wednesdays, 1:30-4:00

Join this enjoyable and rewarding group activity. No handbell experience required but we do ask that you are 55 or older and able to read music. Please contact President Jean Peggie, 604-732-3354 or Grace Lau, 604-323-8131 before registering. Monday morning conductors Grace Lau and Cheryl McHugh and Wednesday afternoon conductor Jeong Hur. Please come and listen any time in the South Room at the Kerrisdale Seniors' Centre, West 42nd Ave. & West Boulevard.

### BROCK HOUSE ORCHESTRA

Wednesdays, 10:00-noon

Director/Conductor: Jeffrey Tseng

Begg Room

Director Emeritus: Ernie Fiedler

Outreach: Ann Foster

The Orchestra meets every Wednesday at Brock House. Our conductor has chosen a varied repertoire of light classics and excerpts from Broadway musicals. Currently there are openings for musicians.

### BROCK HOUSE JAZZ BAND Thursdays, 1:00-3:00

Leader: Rob Arseneau

Halpern/Activity Room

The Brock House Jazz Band is a small group of musicians who enjoy playing Old Style Jazz. At present there are no vacancies.

### SING-A-LONG

Mondays, 1:30-3:30

Pianist: Leora Williams

Conservatory

Convenor: Alex Curror

Brighten your day; leave your worries on the door - step; 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.

### Brock House Society Tidbit

*In 1978, Elva Fitzpatrick founded the Brock House Music Makers Choir with a small group of vocalists and an equally small group of string players. The Music Makers performed for the world at Expo '86.*

## SERVICES FOR SENIORS

Convenors:

Wednesdays, 1:30 - 3:00

Carroll Coates, Henriette Orth

Halpern Room

A timely series of ten Wednesday afternoon presentations which highlight some of the issues seniors face as we transition through our retirement years. The format allows plenty of time for questions from the audience.

### Fire and Safety Information for Brock House

September 20

BE AWARE OF YOUR SURROUNDINGS! St. John's Ambulance will be showing members how to use the defibrillator and other methods of helping members in stressful situations. We will also have a overview of safety exits from the building, where and how to access these exits.

### Environmental Health

September 27

Agnes Pisarski will present on chemicals in the environment that affect health and safety. Household chemicals, air quality, gardening tips, food and safe food handling, drinking water, extreme heat and safety with consumer products will also be part of her presentation.

## Medical Mental Capability Evaluations

October 4

When someone elderly, intellectually disabled, or brain-injured must make decisions involving life's major commitments, sometimes it helps to be sure they know what they're doing. This is an outline of the steps necessary to be sure someone is ready to marry, manage their finances, decide about healthcare, and make a will. *Dr. John Sloan.*

### Falls and Falls Prevention

October 11

Falls and fall related injuries are among the most serious and common medical problems for older adults. Research shows that balance, flexibility, and strength training not only improve mobility, but also reduce the risk of falling. Cognition and dual tasking are also important components of fall prevention.

*Justin Chipperfield, physiotherapist*

### "All in the Family" Understanding dementia in the context of family life.

October 18

Dementia refers to a number of neurodegenerative illnesses that affect thinking in different ways. This discussion will introduce us to dementia and explore its effects on the person with the illness, and their family supports. While this illness is a life-changing experience, society's stigma towards those living with dementia creates unnecessary suffering and fear for them and their families. We will attempt to challenge some of that stigma in this discussion. *Dr. Elizabeth Drance, Geriatric Psychiatrist*

### Money Management

October 25

*Tracy Lundell*, recommended by *Peter Silin*, has been a financial advisor for over 25 years. She provides information on full-suite of wealth management services, taxes, investment and wealth planning.

### Walking Sticks

November 1

*Lois Tomlinson's* vision is to introduce the beauty of the outdoors to all fitness levels. She has over 30 years of experience in the travel and tour industry in over 60 countries. Her passion is to be active outdoors and she loves to share this with others, whether it be here in our local parks or around the world.

### Continence Management

November 8

Urinary incontinence is a subject few are comfortable discussing. We grew up believing that it is a normal part of aging and that we must just live with it. This talk will address ways of preventing urinary incontinence and discuss some of the causes in both men and woman and potential solutions.

*Lauren Wolfe, RN, BSN*

## Inspire Health - Nutrition and Healthy Eating

November 15

Inspire Health is a not-for-profit organization supporting cancer care. It provides programs and services to enhance the quality of life, health and well-being of people living with cancer and their families.

*Tamara MacKenzie, Nutritionist*

## Aging in Place - Options and Resources

November 22

*Joanne Haramia* from Jewish Family Services Agency is back by popular demand! Her presentation will cover existing resources in the community, both public and private, which can help you remain at home safely. Home supports, transportation services, meal programs and live-in care will be discussed.

## SOCIAL GROUPS

### AFTER HOURS

Out of House

The following social group is intended for Brock House members who are either single, or have a partner who is unable to join them, or who doesn't share the same interests. It is NOT a dating club. Activities are scheduled on weekday evenings. Members are responsible for their own transportation and expenses.

### FINE DINING

Convenors: Christine Chou

Lesley Dawson-Burns

This is a wonderful opportunity to meet Brock House members while enjoying dinner at one of Vancouver's many fine restaurants. Each month the convenor(s) select a restaurant for its interesting menu and emails members with details, and two proposed dates for the event. Those interested reply by email to reserve a place for one of the evenings, and await confirmation. Member input to the choice of cuisine and venue is welcomed. Groups are usually limited to 6 people to facilitate service and conversation, as socializing is a focus. Dinners are not scheduled in December, nor in the summer months unless specifically requested by members. To join the mailing list, contact one of the convenors:

Christine at 2muffychou@telus.net

Lesley at ldawsonburns@telus.net

# WORKSHOP

**WORKSHOP** Tues., Wed. & Fri., 9:00-3:45  
**Convenor: Bill Ramey** Mon. & Thurs., Noon-3:45  
 Members experienced with woodworking machinery are welcome. All participants must sign a 'Participation Release' form and read and observe the Workshop Rules. If you wish to use the Workshop, please contact the convenor for a safety and operational briefing on shop and equipment procedures.

**WOODWORKERS** Mon. & Thurs. 9:00-Noon  
**Convenor: Bill Ramey**  
 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. If you wish to use the Workshop, please contact the convenor for a safety and operational briefing on shop and equipment procedures.

# WRITTEN WORD

**BOOK CLUB** Last Friday of month, 1:15-3:15  
**Convenor: Francine Panet-Raymond** Meyer Room  
 To ensure free access to books from the public library, and to allow for full participation in the discussion, the group is limited in number. At this time there are no vacancies. Please contact Francine through the Brock House office for more information.

**LIBRARY** Monday-Friday, 9:00-3:30  
 We have three daily newspapers, periodicals and a wide variety of books - including large print - for members' enjoyment. We have an up-to-date selection that changes regularly. In addition there are binders with information on seniors' living. Minutes of the monthly Board of Directors' meetings are also available.

**LIFEWITING** Thursdays, 10:00-Noon  
**Convenor: Inge Andreen** Sept. 14-Nov. 16  
 Meyer Room

A well-organized writing group write on varying life experiences. We meet once a week to inspire and encourage creativity. Weekly assignments receive positive feedback and mutual support. Improving our work is our objective. Producing polished work to be printed in a once a year keepsake class book is our goal. This is not a drop-in class. Those interested in joining the class must contact Inge Andreen BEFORE the first class, as the class has limited enrollment.

**PLAYREADING** Mondays, 1:00-3:00  
**Convenors: Steven Jung** Meyer Room  
 Come to read and enjoy plays in a friendly and supportive atmosphere. English reading and speaking skills are required. No acting experience is necessary.

**READING JAM** Tuesday, 1:00-3:00  
**Convenor: Brenda McDonald** Sept. 12, Nov. 28  
 Our reading jams were so successful last year that we've decided to have some more this season. If you are interested in reading your work aloud to an audience, this is your chance!

Each reader will have 5 minutes to read his/her poem or short story - including introduction, if any. Please email the convenor (bguymcd@shaw.ca) with your name and email address, and include your choice of poetry or short story. For those without email, there will be a mailbox located in the office for those interested in doing a reading. Please write your name and telephone number on a slip of paper, include your choice of poetry or short story, and then Brenda, the convenor, will contact you. Please have this information in Brenda's hands by September 1st for the September 12th Jam, and by November 21 for the November 28th Jam.

**WR101 WRITE FROM THE HEART** \$65/8 weeks  
**Games Room** Wed., Sept. 13-Nov. 1  
**Instructor: W. Ruth Kozak** 9:30-11:30  
 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.

**WRITERS' CIRCLE** Fridays, 10:00-Noon  
**Convenor: Pat Ajello** Sept. 15-Nov. 17  
 Meyer Room

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

**WRITING WORKSHOP** Tuesdays, 9:00-10:30  
**Convenor: Donna Webb** Sept. 12-Nov. 28

This small group of writers is for people who are committed to creating work for publication and commercial sale, and who would benefit from the discipline of a workshop group in order to achieve that. You will be expected to write approximately 1000-2500 words prior to each meeting and bring printed copies for the group to discuss. More specifics, including whether this will be a weekly or bi-weekly group, will be decided at our first meeting. Limited to 5 writers. Please contact the convenor prior to coming to the first meeting.

*The convenor has taught creative writing for many years both in Canada and abroad. She was selected by Dr. Sid Butler and Dr. Joe Belanger to represent Vancouver English teacher in their UBC workshop. She is passionate about writing for publication and is looking forward to meeting others with the same commitment.*

# FRIDAY MOVIES

Join us on Friday afternoons from 1:00 - 3:30 for the latest in Brock House entertainment!

Cost: One Toonie (\$2.00) - correct change, please!

**Convenor: Chris Mewis**

Sept 15 **Stone of Destiny** - The story of Ian Hamilton, a dedicated nationalist who reignited Scottish national pride in the 1950s with his daring raid on the heart of England to bring the Stone of Scone back to Scotland.

Sept. 22 **Iris** - A documentary from legendary documentary filmmaker Albert Maysles about fashion icon Iris Apfel, the quick-witted, flamboyantly dressed 93-year-old style maven who has had an outsized presence on the New York fashion scene for decades.

Sept. 29 **To Kill a Mockingbird** - Atticus Finch, a lawyer in the Depression-era South, defends a black man against an undeserved rape charge, and his children against prejudice.

Oct. 6 **My Internship in Canada** - An idealistic young Haitian travels to rural Quebec to intern for an independent Member of Parliament when a national debate erupts that finds the MP holding the tie-breaking vote. (some subtitles)

Oct. 13 **The Girl on the Train** - A divorcee becomes entangled in a missing persons investigation that promises to send shockwaves throughout her life.

Oct. 20 **Jiro Dreams of Sushi** - A documentary on 85-year-old sushi master Jiro Ono, his renowned Tokyo restaurant, and his relationship with his son and eventual heir, Yoshikazu. (subtitles)

Oct. 27 **A United Kingdom** - The story of King Seretse Khama of Botswana and how his loving but controversial marriage to a British white woman, Ruth Williams, put his kingdom into political and diplomatic turmoil.

Nov. 3 **Arrival** - When twelve mysterious spacecraft appear around the world, linguistics professor Louise Banks is tasked with interpreting the language of the apparent alien visitors.

Nov. 10 **No Film - Remembrance Day Ceremony**

Nov. 17 **Water** - In 1938, Gandhi's party is making inroads in women's rights. Chuyia, a child already married but living with her parents, becomes a widow. By tradition, she is unceremoniously left at a bare and impoverished widows' ashram. (some subtitles)

Nov. 24 **No Film - Christmas Fair set-up**

Dec. 1 **Queen of Katwe** - the true story of Phiona Mutesi, who started playing chess to get out of Kampala's slums.

Dec 8 **Hidden Figures** - The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

Dec. 15 **Rare Birds** - A down-and-out restaurateur and his neighbor hatch a plan to lure luminaries to their small Newfoundland town.

**Note:** In the event of an availability problem a substitute movie will be shown. Changes will be posted through the weekly e-mail and/or the notice board.

*Friday Flicks are a Brock House Fundraiser, and are open to the public. Bring a friend as a guest, and make sure to enjoy fish & chips in our cafeteria before the movie*

## SOCIALS & EVENTS

### BIG BAND SWING and AFTERNOON TEA DANCE

Tuesday, Sept. 19<sup>th</sup>, 1:30-3:00 in the Marquee

Come and enjoy afternoon tea while listening to wonderful music! Better yet, dust off your dancing shoes and let yourself swing a little! The Brock House Big Band will perform your favourite old and new songs. Tasty tea sandwiches, sweets, tea and coffee will be served.

**Ticket price: \$17/members, \$20/guests.**

Purchase online or through the Brock House Society office.

### REMEMBRANCE DAY TRIBUTE

Friday, November 10<sup>th</sup>, 1:30 - 3:00

**Members & Guests: \$8.00**

Please join other members in the annual Remembrance Day Tribute. The Brock House Big Band will play music from the war years, and there will be tea, coffee and sweet treats. This special event is open to members and their guests. **Brock House members who are veterans may attend this event free of charge.**

Purchase online or through the Brock House Society office.

### SATURDAY NIGHT LIVE OPERA BUFFET

November 18, 2017 6:00 PM - 9:30 PM

Callie Wong has organized this out-of-house social event for Society members. **You may register at [www.brockhousesociety.com](http://www.brockhousesociety.com)**

Enjoy live opera while you indulge in a delicious Italian buffet, from succulent seafood to hearty pastas, at the Pan Pacific Hotel's **Ocean 999 Restaurant**. Cost, to be paid individually at the restaurant, is \$53 (senior rate) + tax & gratuity. Dress code: Smart casual. This event is limited to 7 people.

**Register by Friday, November 10, 2017.**

### BROCK HOUSE CHRISTMAS LUNCHEON

Wednesday, December 6<sup>th</sup>

**4 sittings: 11:00, 11:30, 12:00 and 12:30**

This delightful annual event has become a special Brock House tradition. Members gather together with friends to enjoy a special Christmas feast prepared by the Brock House Restaurant. This full turkey dinner buffet comes complete with a glass of wine. Guests are a welcome addition to the festivities! Please note: you will not be rushed through your meal, no matter which sitting you choose.

Members: \$35.00 Guests \$40.00

*Purchase online or through the Brock House Society office*

**NO TICKET SALES OR REFUNDS AFTER NOVEMBER 24**

### HALPERN PERFORMING ARTS EVENTS

*Sponsored by the George Halpern Fund*

#### SPINNING YOU HOME

By Playwright & Director Sally Stubbs

Thursday, September 21, 1:45-3:15

**Members \$8/Guests \$10**

*Conservatory*

*Spinning You Home* begins and ends in 1951 at a graveyard in Victoria, BC. It had its beginnings in family and Canada's gold rush history, specifically a remarkable promise which set in motion an epic journey and, years later, a chilling exhumation. Adapted by the playwright for the Brock House Society audience, performed by Simon Webb and Sarah Roa.

*Tickets may be purchased online or through the Brock House Society office*

#### The Classic Carolers Return!

Thursday, December 14, 1:45 - 3:15

**Members: \$8.00 Guests: \$10.00**

It's Christmas, and the Classic Carolers (Tim Pawsey, Heather Pawsey, Shelley Hunt and Stephen Courtenay) are returning to Brock House! They will sing a mix of early and modern music - all to do with the Christmas season. The varied repertoire will be sung a capella. *Purchase online or through the Brock House Society office*

## TOURS

**Enjoy Tour and Travel** serves local tourists looking to explore their own backyard. Enjoy the journey and the destination with exciting tours focused on bucket list adventures and unique experiences. Established in 2007 by owner/operator Troy Oppen, Enjoy Tour and Travel operates two 24-passenger buses running 20 day tours and one getaway per month to destinations throughout the Pacific Northwest.

All tours may be purchased online or through the Brock House Society office.

**Secret Cove/Sunshine Coast \$119**

**Monday, October 2 7:30am - 6:00pm**

Explore the Sunshine Coast and see why BC is called "Best Place on Earth"! Get into nature on a 30 minute escorted walk in Hidden Groves' Ancient Forest, full of majestic old growth trees (suitable for all abilities). Visit the coastline at Davis Bay and stroll the long wooden fishing pier or the seawall lined with viewing benches. This tour includes a delicious lunch at the well-appointed Rockwater Secret Cove Resort and afternoon free time to discover Gibsons Landing's charming stores, art galleries and cafes, with views of Howe Sound and vistas of the coastal mountains.

Please Note: Additional \$8 ferry fee applies to those under the age of 65 and to non BC residents.

Activity Level: Easy

**Package Includes:** all ferry fees, lunch, all fees and taxes.

**Cirque du Soleil KURIOS \$149**

**Sunday, November 5 10:15am - 4:30pm**

*Cirque du Soleil* is a dramatic mix of circus arts and street entertainment. KURIOS - Cabinet of Curiosities - is a tale in which time comes to a complete stop. In an alternate yet familiar past, in a place where wonders abound for those who trust their imagination, a Seeker discovers that in order to glimpse the marvels that lie just below the surface, we must first learn to close our eyes. Otherworldly characters quickly begin to spread throughout his mechanical world, leading to a series of confrontations. KURIOS is a journey of exploring mystic tales and transforming perceptions of your

surroundings. KURIOS - Cabinet of Curiosities had its world premiere in Montréal in April 2014 and since its debut, critics across North America have been raving about its beautiful visuals. A *must see* event!

**Package Includes:** door to door service, ticket to Cirque du Soleil "KURIOS" 1:30pm show, escorted entry, escorted seating and a delicious lunch at Cafe Cafe Calabria on Commercial Drive.

**Polar Express - First Class! \$121**

**Saturday, December 9 10:00am - 5:00pm**

Kick off the Holiday season with family and grandchildren by hopping aboard the **9th Annual Polar Express!** West Coast Railway Heritage Park in Squamish operates Canada's only Polar Express train. The magical round trip journey to and from the North Pole is sure to delight and inspire everyone on board! The one-hour train ride is filled with magic, music, stories and on-board refreshments Polar Express style. You're travelling first class, so you get priority boarding *and* a special collector's mug! Included in this tour is entry to the "North Pole Workshop", one mini train ride, the "Gingerbread Village" and lunch on the Squamish River at the Watershed Grill in Brackendale.

**Package Includes:** Polar Express first class ticket, admission to the North Pole Workshop and Gingerbread Village, mini train ride, lunch and all fees and taxes.

**Pacific Opera Victoria's production of *Jenufa*, directed by Atom Egoyan - matinee performance**

**Sunday, October 22 \$115.00**

#### Tour Itinerary

9:30 Bus to Tsawwassen Ferry Terminal leaves Brock House  
11:00 Ferry leaves for Schwartz Bay  
12:30 Opera Bus picks up group at Schwartz Bay Ferry Terminal  
1:30 Arrive at Royal Theatre, Victoria  
2:30 Opera Curtain  
5:00 Opera closes  
5:10 Opera Bus leaves Royal Theatre for Schwartz Bay Ferry Terminal  
5:55 Schwartz Bay drop-off  
7:00 Ferry leaves for Tsawwassen  
8:35 Ferry arrives, board bus for Brock House  
9:45 (est.) Bus arrives back at Brock House

*For complete details about this tour, please see the Esther Birney series on page 15*

## Visit Our New Website

Visit Brock House Society's new website at [www.brockhousesociety.com](http://www.brockhousesociety.com).

On May 15, 2017 Brock House Society launched a new website. This website is a big step forward for the general public and **especially for our members** with:

- Easier to use do-it-yourself options such as:
  - \*membership renewal
  - \*event registration
- Members-only features including a Membership Directory
- Other features, which will be rolled out over the remainder of the year that will build on the Society's sense of community.

If you have an email address on file with the Society, you will have received an email at the time the website was launched (unless you elected to not receive emails from the Society).

If you want to know more, please visit or call the Society's office.

**Enjoy your visit!**

## Your Online Friend – Like it, Use it, Thank it

Floating on the right side of the website is the **Page Tools Widget**.

This widget appears on every page and may have between four and six icons. The dotted section at the top can be used to click and drag the widget to a different position on each page.

The first icon ("question mark") displays the context-sensitive help system, providing instructions for the current page or module.

The second icon ("printer") provides a "Print this page" function.

The third icon ("AA") expands text on the current page to make it easier to read for members with reduced eyesight.

The fourth icon ("up arrow") jumps to the top of the screen.

Selected pages may also display a "magnifying glass" icon, providing Search tools specific to that page. Over time, we will enable this icon in additional places.

The **Page Tools Widget** will retain its position for up to 7 days if you drag it off to the side of the browser window. Note however that this is done via a browser cookie so the saved position may be different on the public side of the website vs. after you have logged in as a member. Just move it a second time and you'll be all set.



## BROCK HOUSE SOCIETY TIDBIT

One of the busiest rooms at Brock House is the Computer Room, located in the basement at the foot of the stairs. It was set up in 1996 by Ted Orme and David Harding, with bits and pieces of computers that had been donated by members. They ended up with 9 working computers that needed a lot of attention to stay running. The drop-in group was almost like a club in the early days, because not many members had their own computers. In 1999, when Windows '95 was installed on all the computers, classes began. The first instructor, Sol Kursan, continued to teach at Brock House until 2011. The Computer Drop-In crew of Dave, Brian Luchak and John Dent are kept busy as more and more members bring in their own devices to receive assistance. There's many a Brock House Society member who has the Drop-In crew to thank for their computer literacy skills!

## Life Members

Donations are always greatly appreciated because they enable Brock House Society to be self-sustaining. To recognize you for your support, we award life membership to individuals who accrue \$1,000 in donations.

## How to Register Online

The steps to register for a program or event online are:

Note: To register for our unique programs or social activities, you must join Brock House Society first

1. Log on to [www.brockhousesociety.com](http://www.brockhousesociety.com)
2. Click on *What's On When*
3. Click on *View Schedule/Register*
4. Choose the program or social you wish to register for by using the month, week or day schedule option
5. Click on the event
6. Click in the View button and then follow the instruction.

Note: if in doubt, click the  on the floating widget.

## Registering for No Charge Classes

There is often confusion about registering for classes that have no cost associated with them. Absolute Beginner's Bridge, Supervised Play, Spanish Conversation - these are just a few of the programs offered at Brock House that are free, but require registration. *If you are required to register for your class, it will be noted in the course description.*

Registration for no charge classes is the same as for the fee-based classes and begins on Wednesday, August 23.

1. Log on to [www.brockhousesociety.com](http://www.brockhousesociety.com)
2. Click on *What's On When*
3. Click on *View Schedule/Register*
4. Choose the program or social you wish to register for by using the month, week or day schedule option
5. Click on the event
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Note: if in doubt, click the  on the floating widget.

# BROCK HOUSE SOCIETY CHRISTMAS FAIR



Brock House  
Christmas Fair  
Saturday, November 25th



**10 am – 3 pm**

Jewellery • Books • Silent Auction & Treasures • Baked Goods  
Raffle • Art • Gifts & Games • Crafts  
Woodworking • Fashion Accessories • Holly  
Music • Food & Refreshments

Ample local parking, paid parking in the Jericho Park lot

3875 Point Grey Road ~ 604-228-1461 ~ [www.brockhousesociety.com](http://www.brockhousesociety.com)