



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

WHERE SENIORS STAY *Young.*

2018 FALL PROGRAMS & EVENTS



Photos courtesy of Stan Hohnholz

**BROCK
HOUSE**
Society

We aim to encourage and enable seniors to live fuller lives

REGISTER ONLINE



To register for our 2018 Fall programs go to www.brockhousesociety.com, visit or phone the office

**BROCK
HOUSE**
Society

**BROCK HOUSE SOCIETY
& BROCK HOUSE RESTAURANT**
PRESENT

Bh
BROCK HOUSE
RESTAURANT

A Dinner & Fashion Show

WEDNESDAY, SEPTEMBER 26

**Reception in
the Conservatory
6:00pm - 6:30pm**

**Dinner in
the Marquee
6:30pm | Cash Bar**

See the latest fall fashions,
provided by

tenth & proper

4483 WEST 10TH AVENUE, VANCOUVER

\$55 MEMBERS
\$60 GUESTS

INCLUDES A COMPLIMENTARY GLASS OF WINE



Tickets available online or at the Brock House office, 3875 Point Grey Road
604-228-1461 | brockhousesociety.com | 

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

Brock House Society

Officers

Peter Phillips, President
Tom Henry, 1st Vice-President
Patricia Brady, 2nd Vice-President
Stanley Hohnholz, Secretary

Directors

Patricia Brady, Events
Deborah Bush, Volunteer Services
Brenda Clark, Performing Arts
Adrian Gatrill, Property
Management
Tom Henry, Planning &
Business Development
Michael Le Bas, Marketing &
Outreach
Jo Pleshakov, Governance and
Membership
Adrian Vasile, Information Systems
Callie Wong, Programs
BevAnn Lister Dean,
Past President

Park Board Commissioner

John Coupar

Administration

Sophie Djordjevic, Administrator

Staff

Vera Enshaw, Administrative Asst.
Lee Murray, Maintenance
Nebojsa Stajcic, Maintenance

Contact Us

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

Season of Mists.....

.....and mellow fruitfulness, close bosom friend of the maturing sun!

Hallo again and although I am feeling somewhat poetic I really cannot take credit for this one!

What I can take credit for however is recognising Autumn as a season of colourful transition, filled with nostalgia, as we move from the vibrant colours of summer to the more muted and darker hues of Autumn, which usually accompanies a more reflective tone in our thinking. As part of our Fall Program we have attempted to address this mood in the selection of Programs and Events that we have organised for your enjoyment.

This selection starts in early September with a 6 week series called *Birth of a Nation* which examines nationalism as a concept and as a political force. We will also follow up the Wicked Women Series with one on *Mad Men* which reviews the lives of some of history's more controversial male figures. If you find this heavy going and want to lighten your mood then you can attend the series on *Laughter is the Best Medicine*.

But if that doesn't work and you really want to mellow out, how about attending a course on the *Fundamentals of Drinking Wine*? Now I realise that this may seem a bit redundant for some of you but I think it is always good to look at the more technical aspects of raising a glass...or two.

We are continuing with the *Legendary Performers* series with Neil Ritchie and adding a new one, *Listening to Music* with Nicolas Krusek. Add to this a program on *Genealogy* and some old favourites such as the *Travel and Lecture Series* and *Services for Seniors*, and you have another seasonal opportunity for engagement at Brock House Society.

Last but not least, don't forget the Brock House Christmas Fair on November 24!

In closing I want to point out that due to our limited space, along with fire regulations for maximum room occupancy, once the maximum number has been reached there will be no further entry allowed. You will need to plan ahead for the programs you wish to attend to ensure that you are here in plenty of time.

I will bring my Autumn reverie to a close with no more talk of fat bees hovering over ripened fruit. Oh - and don't forget to contact us with your thoughts and feedback.

Peter Phillips
President, Brock House Society

Interesting & Informative

These are just some of the no-charge events featured in this program:

LOCAL HISTORY SERIES

Mike Cotter-Jericho Beach Air Station

Monday, September 17, 1:30-2:30 in the Halpern Room

Lindsay Brown - Habitat 1976: Vancouver's Lost Mega-event

Monday, September 24, 1:30-3:30 in the Halpern Room

ADVENTURES IN NATURAL FIBRES

Linda Hull

Tuesday, October 23, 1:30-3:00 in the Conservatory

Esther Birney Literary Arts Series

Red Herrings & Dead Ends

Thursdays, October 18-December 13

10:30-11:45 in the Halpern Room

REMEMBRANCE DAY SERIES

Wednesdays, October 24-Nov. 7 in the Halpern Room

James Sexton - WW1 Poetry Lecture

Oct. 24, 10:30-noon

Douglas Abel - Yours, Lovingly

LOOK FOR THESE NEW PROGRAMS

IS102 - Drink Up!! Wine Fundamentals with Dr. Clinton Lee

Learn how to assess wine and, ultimately, how to enjoy your glass from an altered, informed perspective. Dr. Lee is an international wine lecturer who has delivered lectures to a wide body of audiences ranging from professional bodies to the wine aficionados. He has taught the WSET (Wine Spirit and Education Trust) programs in Canada and internationally in China, Singapore, Hong Kong and Taiwan.

Tuesdays, September 18 - October 23, from 1:00-3:00 in the Halpern Room

\$105.00/6 weeks.

Page 15

IS107- Genealogy: Start/Jump Start Your Search

Presented by the BC Genealogical Society

Begin to build you family tree to 4 or 5 generations, with evaluated sources. Choose appropriate family tree software and databases for your own purposes as you develop a research plan for ongoing searches.

Tuesdays, September 25 - October 30, 12:30-2:30 in the Computer Room

\$65.00/6 weeks.

Page 17

IS108 - How to Listen to Music with Nicolas Krusek

The purpose of this course is to answer two questions: How is music put together? How do we listen to it? Nicolas is a professional musician, conductor and speaker on music-related topics. He has performed with and directed numerous professional, amateur and youth orchestras throughout BC and Central Europe

Fridays, September 14 - October 19, from 10:00-12:00 in the Halpern Room

\$90.00/6 weeks.

Page 17

And don't miss out on

LAUGHTER IS THE BEST MEDICINE!

WEEK AT A GLANCE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:30-9:30	Balance, Posture & Strength	8:30-10:00	Yoga	8:30-9:30	Balance, Posture & Strength	8:45-9:45	Tai Chi 24 & 48 Form Review	9:00-10:00	Yoga
8:45-9:45	Tai Chi 24 Form, Mirror Image & 48 Form Pt. 2	8:45-9:45	Tai Chi 24 Form Review	8:45-9:45	Tai Chi Beginners 24 Form	9:00-noon	Woodworkers	9:00-12:30	Artists' Group
9:00-noon	Woodworkers	9:00-10:30	Meet in the Music	9:35-10:50	Stretch & Strength	9:30-10:30	Yoga	9:30-10:30	Zumba
9:30-11:00	Beginner's French	9:15-10:15	Zumba	10:00-noon	Write from the Heart	9:30-11:30	Mandarin by Ms. Gong	9:30-11:45	BH Big Band (Out of House)
9:30-11:30	Watercolour Class	10:00-11:30	BH Big Band (Out of House)	10:00-11:00	Pole Walkers	9:30-11:30	Doodle Art & Beyond	10:45-12:45	Table Tennis
9:30-11:30	Yarns & Needle-crafts	10:00-12:00	Intermediate Bridge	10:00-noon	Fall Birding Lecture	10:00-noon	Life Writing	10:00-12:00	How to Listen to Music Sept 14-Oct 19
9:30-noon	Handbell Ringers (Out of House)	10:00-12:00	Brock House Players	10:00-noon	Porcelain Painting	10:00-3:30	Billiards	10:00-12:00	Writers' Circle
9:35-10:50	Stretch & Strength	10:00-3:30	Billiards	10:00-1:00	Fall Birding Field Trips	10:30-11:45	Esther Birney Literary Arts Series	10:00-12:00	Legendary Performers Nov 2-Dec 7
10:00-3:30	Billiards	10:15-11:15	Yoga	10:00-11:30	Discussion Series	11:15-12:15	Osteofit	10:00-3:30	Billiards
10:30-noon	Travel Series	10:30-11:30	Lecture Series	10:00-noon	Brock House Orchestra	12:15-3:30	Duplicate Bridge	10:15-11:15	Yoga
11:15-12:45	Intermediate French	11:00-noon	Spanish Beginners	10:00-noon	Remembrance Day Series	12:30-2:30	What is Nationalism?	12:30-3:30	Social Bridge
12:00-1:00	Lunch with TED	11:15-12:15	Osteofit	10:00-3:30	Billiards	1:00-3:00	Brock House Jazz Band	1:00-3:30	Friday Movies
12:00-2:00	Absolute Beginners Bridge	11:30-12:30	Chair Yoga	10:30-11:30	Laughter is the Best Medicine	1:00-3:00	Chess	1:15-3:15	Book Club (last Friday of the month)
12:30-3:30	Table Tennis	12:00-1:00	Spanish Intermediate	10:30-noon	Cryptic Crosswords Group	1:00-3:00	Scrabble	2:00-3:30	Mad Men Lectures
1:00-3:00	Play Reading	12:00-1:00	Meet Your Directors	12:15-3:30	Mah Jong				
1:00-3:00	Computer Drop-In	12:30-2:30	Advanced Bridge	12:30-3:30	Table Tennis				
1:00-3:00	Art History-Modern Art	12:30-2:30	Genealogy	1:00-2:30	Democratic Reform Discussion Group				
1:30-2:30 1:30-3:30	Jericho Beach Air Station Sept 17 Habitat 1976 Sept. 24	1:00-3:00	Chess	1:00-3:00	Brock House Chamber Players				
1:30-3:00	Advanced French	1:00-3:00	Winter Gardening Sept. 11 Houseplant Care & Issues Oct. 30	1:00-3:00	Cryptic Crosswords for Beginners			9:30-3:30	Christmas Chicago Bridge & Lunch Nov. 16
1:30-3:30	Sing-a-Long	1:00-3:15	BH Choir (Out of House)	1:00-3:00	Gardening: Autumnal Containers Sept 19	1:45-3:15	UBC Opera Students Performance Oct 18		
2:05-3:35	Supervised Bridge Play	1:15-3:00	Philosophy Reading & Discussion Group	1:30-3:00	Services for Seniors			1:45-3:15	Remembrance Day Tribute Nov 9
		1:30-3:00	Drink Up!! Wine Fundamentals	1:30-4:00	Handbell Ringers (Out of House)				
1:30-3:30	Workshop on Electoral Reform Oct 1	1:30-3:30	Canasta						
		1:30-3:00	Adventures with Natural Fibres Oct. 23	6:00-?	A Dinner & Fashion Show Sept 26				
		1:45-3:15	The Onyx Trio Performance Dec 11	11:00-2:30	Brock House Christmas Luncheon Dec 12				

INDEX

ACTING 101 (Brock House Players).....	9	How to Listen to Music	17
ARTS & CRAFTS		Laughter is the Best Medicine	18
Artists' Group	9	Lecture Series.....	18
Doodle Art.....	9	Legendary Performers.....	18
Magical Mixing of Watercolours	9	Local History Series	19
Porcelain Painting.....	9	Lunch with TED	19
Yarns & Needlecrafts	9	Mad Men Lecture Series.....	20
BRAIN CHALLENGERS		Philosophy Discussion Group.....	20
Cryptic Crosswords for Beginners.....	10	Remembrance Day Series	20
Cryptic Crosswords Group	10	Services for Seniors	20
BRIDGE		Travel Series	21
Absolute Beginners	10	What is Nationalism?.....	22
Advanced	10	Workshop on Electoral Reform	22
Chicago Bridge & Lunch.....	10	LANGUAGES	
Duplicate.....	10	French Conversation	
Intermediate	10	Advanced.....	23
Social	11	Beginners	23
Supervised Play.....	11	Intermediate	23
COMPUTERS		Mandarin by Ms. Gong	23
Computer Drop-In	11	Spanish Conversation	23
EVENTS & SOCIALS		MOVIES	26
A Dinner & Fashion Show	27	MUSIC	
Brock House Christmas Luncheon.....	27	Brock House Big Band	24
Remembrance Day Tribute	27	Brock House Chamber Players	24
The Onyx Trio	27	Brock House Choir.....	24
UBC Opera Students	27	Brock House Jazz Band	24
HEALTH & WELLNESS		Brock House Orchestra	24
Balance, Posture & Strength	11	Handbells.....	24
Chair Yoga.....	12	Sing-A-Long.....	24
Hikers	12	REGISTRATION for classes, events, programs....	8
Meet in the Music	11	SOCIAL GROUPS	
Osteofit.....	11	Adventures in Dining.....	25
Pole Walkers.....	12	TOURS	
Stretch & Strength	11	Bill Reid Gallery	28
Tai Chi.....	12	Canadian Christmas Traditions Tour	29
Yoga	13	Merry Widow Opera	28
Zumba	13	Museum of Anthropology	28
INDOOR GAMES		Okanagan Wine Escape Tour	29
Billiards.....	13	Royal BC Museum "Egypt" Tour	28
Canasta	13	Saturday Night Live Opera Buffet	28
Chess	13	WOODWORKING	
Mah Jong	13	Workshop	25
Scrabble	13	Woodworkers.....	25
Table Tennis	13	WRITTEN WORD	
INTELLECTUAL PURSUITS		Book Club	25
Adventures with Natural Fibres.....	14	Life Writing	25
Art History.....	14	Play Reading	25
Democratic Reform Study Group.....	14	Write from the Heart	25
Discussion Series	14	Writers' Circle	25
Drink Up!! Wine Fundamentals.....	15	ABOUT BROCK HOUSE SOCIETY	
Esther Birney Literary Arts Series.....	15	Cafeteria.....	30
Fall Birding.....	16	Hours of Operation	30
Gardening with Amanda Jarrett.....	16/17	Member Benefits	30
Genealogy.....	17	Membership (How to become a member)....	30

MEET YOUR DIRECTORS**Tuesdays, October 2 - November 6****12:00 - 1:00 pm****In the Halpern Room**

The Board of Directors is the legal authority for the Society. Directors hold a position of trust and accountability, represent the membership, and are responsible for the governance of the Society. Most Brock House Society directors are also volunteer managers with individually assigned duties to manage the implementation of board policies and plans in specific program or activity areas. Here is our Mission Statement:

Brock House Society is a seniors' activity centre serving Vancouver. We operate and preserve a heritage building at Jericho Beach. We encourage and enable seniors to live fuller lives. We do this through reaching out to seniors, providing a supportive environment, and offering a variety of high-quality programs, events and activities intended to supplement those offered in the local community.

Hosted by your Directors, these sessions are designed to share the Society's current challenges and needs with members and to flesh out the issues which the Board is working on. Topics for each session will be announced in September but will likely be chosen from the following:

Strategic Planning
Property Management
Budget
Events/Performing Arts/Programs
Marketing/Website
Membership/Volunteer Resources
Governance
Health & Safety

Members are encouraged to ask questions and express their opinions.

REGISTRATION INFORMATION & POLICIES**PLEASE NOTE the CANCELLATION POLICY****How to Register**

There are 3 easy ways to register:

- ◆ **Online:** Go to www.brockhousesociety.com
- ◆ **In Person:** Visit the Society office and a volunteer will help you
- ◆ **By Phone:** Call the Society office at 604-228-1461

You may register for one other member only.

WHEN TO REGISTER

Registration FOR ALL CLASSES commences Wednesday, August 22. Programs will be visible on the website at 9:00 a.m.

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 CANCELLED CLASSES**or ACTIVITIES**

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

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 clas-

2018 CLOSURE REMINDERS

Brock House will be closed on these dates:

Monday, September 3 - Labour Day

Monday, October 8 - Thanksgiving Day

Monday, November 12 - Remembrance Day

Tuesday, December 25 - Christmas Day

Wednesday, December 26 - Boxing Day

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

ACTING**ACTING 101—BROCK HOUSE PLAYERS**

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.

Director: Eva Lister

**Tues. 10:00-12:00
Meyer Room**

ARTS & CRAFTS**ARTISTS' GROUP**

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

Convenor: Gillian Olson

**Fri. 9:00-12:30
Art Room**

DOODLE ART & BEYOND

Several collage and mixed media projects are planned for this series of classes. Please bring a 9 inch by 12 inch substrate [cardboard, canvas or heavy water colour paper], scissors, glue stick and a magazine [preferably old] to the first class. Some materials will be provided.

Pre-registration required.

Convenor: Joan Ellis

**Thurs. Sept. 13-Oct. 18
9:30-11:30
No charge**

Art Room

AR101 MAGICAL MIXING of WATERCOLOURS

This fall we will use a couple of techniques to explore the magical mixing of water colours. We will first focus on wet-in-wet painting to create dramatic cloud-filled skies anywhere from sunsets to thunder storms, then use splattering to create vegetation, tangled gardens, or fanciful butterflies. All levels are welcome. A list of supplies will be provided upon registration but bring whatever you have to the first class. You have the option of either doing a painting with the class or using these techniques to create your own painting.

Jennifer Burrows is substituting for Jennifer Fenske

Instructor: Jennifer Burrows Mon. Sept. 17-Nov. 19

Art Room

9:30-11:30

\$100/8 weeks

PORCELAIN PAINTING

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

Convenor: Merva Cottle

**Wed. 10:00-Noon
Art Room**

YARNS & NEEDLECRAFTS

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

Convenors:

Dorothy Simons, Carol Jackson

**Mon. 9:30-11:30
Meyer Room**

BRAIN CHALLENGERS

CRYPTIC CROSSWORDS for BEGINNERS

"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 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. 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. **Pre-registration required.**

Instructor: Maggie Sherlock
Maggie Sherlock
Meyer Room

Wed. Sept. 26-Oct. 31
1:00-3:00
No Charge

CRYPTIC CROSSWORDS GROUP

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

Convenor: Chris Spencer **Wed. 10:30-noon**

BRIDGE

ABSOLUTE BEGINNERS

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.**

Instructor: Glenda Affleck
Begg Room

Mon. Sept. 10-Nov. 26
12:00-2:00
No Charge

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.

Instructor: Barry Yamanouchi **Tues. Sept. 11-Nov. 6**
Art Room **12:30-2:30**
\$90/9 weeks

BR102 INTERMEDIATE

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.

Instructor: Barry Yamanouchi **Tues. Sept. 11-Nov. 6**
Art Room **10:00-noon**
\$90/9 weeks

CHRISTMAS CHICAGO BRIDGE WITH LUNCH

Come for a great day of bridge and prepare to have fun! There is a delicious lunch, prizes and great company. You must have a partner who is a member of Brock House Society. 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.

Convenor: Wendy Hannington **Friday, Nov. 16**
Begg Room & Conservatory **9:30-3:30**
\$20 per person

DUPLICATE

Sign-up available from 10:45. No seating after 12:00. Maximum number of tables will be seventeen (17). It is necessary to come with a partner. **On-going unless otherwise advised.**

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

SOCIAL

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

Convenor: Mary Bliss **Fri. 12:30-3:30**
Begg Room

SUPERVISED PLAY

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

Instructor: Glenda Affleck **Mon. Sept. 10-Nov. 26**
Begg Room **2:05-3:35**
No Charge

COMPUTERS

COMPUTER DROP-IN

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.

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

HEALTH & WELLNESS

HW101 Meet in the Music

Gemma Isaac is delighted to facilitate a 10 week music therapy program creating a safe, expressive and fun gathering place where Brock House members can "**Meet in the Music**". Members will learn practical ways of how social music making can support self-expression, self-care, and social-interaction. Space is very limited so sign up today.

Gemma is the music therapist at the Vancouver General Hospital Burns, Trauma, and High Acuity Unit. As a clinician and researcher, Gemma is also a

graduate of UBC Master's in Counselling Psychology Program with a private counselling practice on Broadway and Cypress serving first responders, medical frontline staff and families overcoming life transitions and traumas.

This course is funded by the Government of Canada New Horizons for Seniors Program
Instructor: **Tues. Sept. 18-Nov. 20**
Gemma Isaac **9:00-10:30**
Halpern & Sun Rooms **\$100.00/10 weeks**

BALANCE, POSTURE & STRENGTH

This is a moderate/mid-level 60 minute class. Class begins with a low-impact cardiovascular segment, followed by exercises to improve balance, strength, posture, and body alignment, and ends with stretching. Activities feature a variety of apparatus such as balls, weights, tubing, bean bags and more.

Instructors provided by Love Your Age Fitness Inc.
HW102 **Mon. Sept. 10-Nov. 26**
Activity Room **8:30-9:30**
\$100/10 weeks

HW103 **Wed. Sept. 12-Nov. 28**
Activity Room **8:30-9:30**
\$120/12 weeks

OSTEOFIT

Osteofit is designed and run by BC Women's Hospital for individuals with osteoporosis, low bone density or who are at risk of falls and fractures. This is a mild level exercise class suitable for new exercisers or those returning from illness or injury. Participants should attend twice per week as recommended by Osteofit BC.

Instructors provided by Love Your Age Fitness Inc.
HW104 **Tues. Oct. 2-Nov. 27**
Activity Room **11:15-12:15**
\$90/9 weeks

HW105 **Thurs. Sept. 13-Nov. 29**
Activity Room **11:15-12:15**
\$120/12 weeks

STRETCH & STRENGTH

This 75 minute mostly moderate level class can be adapted to suit a variety of levels and physical limitations. The class begins with a short cardiovascular component that can be adapted for chair as needed. The last 2/3rds can be seated or standing, and includes 'Brain Moves' balance work, and exercises for strength, agility, stability, and stretching/mobility. The last part of the class is all seated and

may include posture/body alignment, stretching, visualization, and deep relaxation. Activities feature a variety of apparatus such as balls, weights, tubing, bean bags and more.

Instructors provided by Love Your Age Fitness Inc

HW106 Mon. Sept. 10-Nov. 26
Activity Room 9:35-10:50
\$112/10 weeks

HW107 Wed. Sept. 12-Nov. 28
Activity Room 9:35-10:50
\$137/12 weeks

HW108 CHAIR YOGA

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.

Instructor: Annette Wertman Tues. Sept. 11-Nov. 27
Begg Room 11:30-12:30
\$88/12 weeks

HIKERS

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

Carpools. All hikes leave 12th and Larch at 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.

Sept. 1 Five Point Hill, Squamish, *Josie*, 518-5763
Sept. 8 Bridle Path, North Van., *Margit*, 224-6627
Sept. 15 Norvan Falls, *Jane*, 264-1250
Sept. 22 Whyte Lake, *Katie*, 738-8189
Sept. 29 Old Buck Trail To Quarry Rock,
Chon, 263-2316

Oct. 6 Lighthouse Park, *Gordon*, 261-6674

Oct. 13 Sasamat/Belcarra Loop,
Charles, 224-6627

Oct. 20 Coquitlam River, *Tomina*, 736-1874

Oct. 27 Twin Canyons, *Jane*, 264-1250

The following hikes leave 12th and Larch at 9:00 a.m.

Nov. 3 Boundary Bay, *John W*, 565-6294

Nov. 10 Academy Trail, *Josie*, 518-5763
Nov. 17 Mosquito Creek, *Tomina*, 736-1874
Nov. 24 Stanley Park, *Alida*, 676-0077
Dec. 1 Buntzen Lake, *Katie*, 738-8189
Dec. 8 Capilano Canyon, *Margit*, 224-6627
Dec. 15 Burnaby Mtn. from North Rd.,
Chon, 263-2316

Dec. 22 Pacific Spirit Park, *Grace*, 261-4498
Dec. 29 Terra Nova to Steveston, *Eileen*, 221-0875
Convenors: Sat., Out of House
Margit Arthur, 604-224-6627
Jane McDonald, 604-264-1250

POLE WALKERS

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

Convenor: Mona Kriss Wed. Out of House

TAI CHI CLASSES

HW109 24 Form for Beginners

Tai Chi is a gentle form of exercise, a martial art, and a moving meditation, based on the principle of the interplay of Yin and Yang. Slow and graceful movements improve balance, 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! This course is suitable for beginners and those who are happy to continue to review the 24 Form from the beginning.

Instructor: Kelly Maclean Wed. Sept. 12-Nov. 28
Conservatory 8:45-9:45
\$120/12 weeks

HW110 24 Form Review

In this course we will continue to review the 24 Form and the mirror image. We may even make a start on the 48 Form.

Instructor: Kelly Maclean Tues. Sept. 11-Nov. 27
Conservatory 8:45-9:45
\$120/12 weeks

HW111 24 Form, Mirror Image & 48 Form Part 2

In this course, we will continue to review the 24 Form and the mirror image, and to work on the 2nd half of the 48 Form.

Instructor: Kelly Maclean Mon. Sept. 10-Nov. 26
Conservatory 8:45-9:45
\$100/10 weeks

INDOOR GAMES

HW112 24 & 48 Form Review

In this class, we generally go through the 24 Form, plus the mirror image, and then review the entire 48 Form twice.

Instructor: Kelly Maclean **Thurs. Sept. 13-Nov. 29**
Conservatory **8:45-9:45**
\$120/12 weeks

YOGA CLASSES

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.

Instructors: Tuesday/Thursday, Alyshia; Friday, Tai
HW113 Tues. Sept 11-Nov. 27 (90 min.) **8:30-10:00**
Begg Room **\$170/12 weeks**
HW114 Tues. Sept 11-Nov. 27 **10:15-11:15**
Begg Room **\$115/12 weeks**
HW115 Thurs. Sept 13-Nov. 29 **9:30-10:30**
Begg Room **\$115/12 weeks**
HW116 Fri. Sept 14-Nov. 30 **9:00-10:00**
Begg Room **\$95/10 weeks**
HW117 Fri. Sept 14-Nov. 30 **10:15-11:15**
Begg Room **\$95/10 weeks**
Please note there will be no yoga on Friday, November 16 or Friday, November 23

ZUMBA for SENIORS

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.

Instructor: Asal Nik.oopour
HW118 - Tues. Sept. 11-Nov. 27 **9:15-10:15**
Activity Room **\$110/12 weeks**
HW119 - Fri. Sept. 14-Nov. 30 **9:30-10:30**
Activity Room **\$110/12 weeks**

BILLIARDS

Key in office.
Billiards Room **Mon.-Fri. 10:00-3:30**

CANASTA

Do you remember hot times around the kitchen table playing canasta? More relaxed than bridge and more fun than cribbage, it was the most popular card game of the 50's and 60's. Join the group for a lively game once a week.
Conservatory **Tues. 1:30-3:30**

CHESS

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.
Convenors: A. Ramirez, R. Wooldridge
Meyer Room **Tues. & Thurs. 1:00-3:00**

MAH JONG

Enjoy an afternoon playing Mah Jong Hong Kong style. Play and learn at the same time. Instruction given.
Convenor: Maribeth Ruckman **Wed. 12:15-3:30**
Art Room **\$1/Session**

SCRABBLE

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.
Conservatory **Thurs. 1:00-3:00**

TABLE TENNIS

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.
Convenor: Doug Smith
Activity Room **Mon. & Wed. 12:30-3:30**
 Fri. 10:45-12:45

INTELLECTUAL PURSUITS**ADVENTURES WITH NATURAL FIBRES**

Do you wear clothing? Of course you do, but are they made from natural fibres or synthetics? Natural fibres are substances produced from plants and animals. In 2009, fifteen natural fibres were profiled by the United Nations. Whether they are knitted, crocheted, matted, woven or bonded they form fabrics which we all wear. This course will explore natural fibres from alpaca to quivet, from cotton to silk. Learn about their unique qualities by handling all types of yarns or garments. Learn why certain fibres are better than others for making scarves, shawls, sweaters, socks or baby clothing. Why do some garments get those ugly balls? Why can some yarns be machine washed but not others? What is memory and why does it matter? What animal is a mo anyway?

Convenor: Linda Hull
Conservatory

Tues. Oct. 23
1:30-3:00
No charge

IS101 ART HISTORY**Modern Art across the Atlantic**

Modern Art, including movements like Impressionism, Post Impressionism, Expressionism, Abstraction, and Cubism turned the western art world upside down at the turn of the 20th century. In this course we will learn about major artists and movements of late 19th and 20th century Modern Art, including art in Europe and here in Canada and the American art world.

Instructor:
Jessa Alston-O'Conner
Halpern Room

Mon. Oct. 22-Nov. 26
1:00-3:00
\$100.00/6 weeks

DEMOCRATIC REFORM STUDY GROUP

We begin this fall considering the options for Proportional Representation (PR) in preparation for B.C.'s referendum scheduled to begin October 20. To give members additional information that will help inform their vote, we have organized a workshop on October 1st that will cover the PR options in the referendum. Following the referendum, the group will study the latest report from The Samara Centre for Democracy, an organization devoted to nonpartisan research re democracy in Canada. This report is based on interviews with former MPs.

There are many important findings and recommendations designed to enhance our democracy to consider. After this, we will research democratic innovations to enhance ways citizens can be more informed, involved and empowered, such as citizen assemblies, deliberative polling, and participatory budgeting. If you are interested in these issues, consider joining us and being part of the research and discussion. Group begins Sept. 12.

Facilitator: Nonie Lyon **Wed. 1:00-2:30**
Games Room

DISCUSSION SERIES

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. 5 Should the press report on the personal behavior of public figures?
Sept. 12 Is proportional representation a good idea? Is the referendum question fair?
Sept. 19 What exactly is a "refugee"?
Sept. 26 HOT TOPIC
Oct. 3 What must be done to prevent "dirty" money from being laundered in BC?
Oct. 10 What does travel do to us-for better or worse?
Oct. 17 Is Italy justified in turning away "migrant" boats?
Oct. 24 Can Canada implement a National Pharmacare Plan soon? If not, why not?
Oct. 31 HOT TOPIC
Nov. 7 Is the legalisation of marijuana a good or bad thing overall?
Nov. 14 What is the likely outcome of the growth of extreme right wing nationalism in Europe?
Nov. 21 A trial by Judge or Jury, what is the preference?
Nov. 28 Should campuses ban offensive language and ideas?
Dec. 5 HOT TOPIC
Dec. 12 Do we have choice or is free will an illusion?
Dec. 19 Who is the current moral face of the world?

Convenor: Ingrid Hanslo **Wed. 10:00-11:30**
Meyer Room

Gothic stories and continuing with Sherlock Holmes, Hercule Poirot and Detective Chief Inspector Morse, John will investigate whether fictional criminality yet carries the problematic aura of the Gothic.

Nov. 8 Where to go from Poe? Dr. Pat Merivale

Answer: in detective fiction, everywhere. Pat will discuss how Poe's Dupin stories kicked off the "Armchair Detectives" such as as Holmes and Poirot while his lesser known "Man of the Crowd" may be the earliest example of the "Urban Gumshoe" novels of Chandler, Hammet and others. Pat taught English and Comparative Literature for almost 40 years at UBC, wrote a book on Pan the Goat-God and co-edited a volume on the meta-physical detective story.

Nov. 15 A Reader's Approach to the Mystery Novel

Ann Lawrence of Lawrence Books and
Walter and Jill Sinclair of White Dwarf/Dead Write Books

As booksellers, Ann, Walter and Jill have both insight into what mystery readers enjoy and experience in helping them find new authors and novels. They will discuss some of the current mystery authors, themes and varieties of the genre.

Nov. 29 Film: Heavenly Creatures *9:30-noon*

Jennifer Wade will introduce the film which portrays the startling childhood of murder mystery writer Anne Perry. Jennifer is a UBC English Professor Emeritus and award-winning author, and has received many awards for her many acts of giving and support of those who cannot speak for themselves. *Please note the change in time for this lecture.*

Dec. 6 To Be Announced. We are keeping our fingers crossed!

Dec. 13 YouTube presentation of Conan Doyle regarding the unsolved crimes of "Jack the Ripper". The book (in BHS library) by Drs Eugene and Daniel Friedman, gives persuasive evidence that the famed author of Sherlock Holmes was actually "Jack the Ripper".

This will be followed by a hilarious group game of solving "Two Minute Mystery Stories". How good are you at sleuthing? **There will be prizes for the winners, with tea and cookies to follow.**

Convenors: Glenys Acland, Thurs. 10:30-11:45

Joan Nazif, Dorothy Simons Halpern Room

IS103 FALL BIRDING

As Fall progresses, birds that have summered elsewhere return to the Lower Mainland. Many pass the winter on local waters, both fresh and marine, thus offering the chance to enjoy them before the winter's chill sets in. Join Naturalist Graham Sunderland on four enlightening forays to meet some of these aquatic visitors and a sampling of the park and garden birds that pass the winter here. Identification and behavioral information will be shared along with some habitat discussion. An initial PowerPoint presentation on Sept. 12 will give some idea of the delights in store, some advice about appropriate birding gear, plus clarification of the meeting places for the field trips.

Instructor: Graham Sunderland

**Lecture: Wed. Sept. 12
Halpern Room 10:00-noon**

Field Trips (Out of House): 10:00-1:00

Sept. 19 Maplewood Conservation Area, Deep Cove

Sept. 26 Lost Lagoon and Siwash Rock

Oct. 3 Ambleside Park, West Vancouver

Oct. 10 Brunswick Point, Ladner Foreshore Dyke

\$60.00/5 weeks

GARDENING with AMANDA JARRETT

Whether you have a large yard or a patio, gardening provides an endless source of joy and satisfaction. Join Master Gardener Amanda Jarrett for these interesting & informative sessions. Learn something new, be reminded of old tricks and enjoy the simple pleasure of being with other gardeners.

IS104 Winter Gardening

Instead of tucking the garden into bed for the winter, reap the rewards of growing cool season crops. Learn what to plant and how to deal with nature at her rawest.

**Halpern Room Tues. Sept. 11
1:00-3:00
\$25.00**

IS105 Autumnal Containers

This demonstration incorporates attractive autumnal plants in containers to celebrate the fall months into winter. Learn the essential of container gardening and watch as they are assembled with hardy and colourful plants. Finished containers will be available for purchase.

**Marquee Wed. Sept. 19
1:00-3:00
\$25.00**

IS106 Houseplant Care and Issues

Learn which plants are easy care, those that clean the air and ones that are toxic. Care, placement and maintenance are also covered. Bring in your sickly houseplants for Amanda's help (limit of 2 per person).

Halpern Room **Tues. Oct. 30**
1:00-3:00
\$25.00

IS107 GENEALOGY - START/JUMP START YOUR SEARCH

Begin to build a family tree to 4 or 5 generations, with evaluated sources. Choose appropriate Family Tree Software & Databases for your own purposes. Find and evaluate a variety of sources of information online. Develop a research plan for ongoing searches and for challenging individuals/families.

Sept. 25 Introduction

The Basics of Genealogy Research: begin with what you know for certain; stories. Make no assumptions about dates/spellings/details. More on details, sources, & what constitutes proof. Begin a 5-Generation Family Tree *[what's your purpose?]*.

Oct. 2 Family Tree Software & Database Companies

Free vs Fee-based – Does It Matter? Terms of service, privacy; programs, businesses, comparisons, purposes; databases – sources of specific information; free and/or fee-based database memberships; additional free methods and sources to find; local resources; organize your family lines and documents/materials.

Oct. 9 Online/Offline Resources for Beginners

Cyndi's List, RootsWeb/various forums, GOONS, archives and other resources; how to find a helpful database or source *[effective searches]*; how to write an effective query; etiquette, efficiency, follow up. Not all is online! *e.g.*, archives, museums, libraries, WorldCat, Internet Archive; BCGS Walter Draycott Library. Trees online: pitfalls and possibilities of "other people's information" *[never merge]*.

Oct. 16 Specific Additional Resources

DNA-Genetic Genealogy: organizations/companies, resources, books, tables. Cemeteries – local, FindAGrave, Canadian Headstones, Billion Graves; gravestone clues. Newspapers, organizations, fraternal organizations.

Oct. 23 Family Tree Specifics & Brick Walls

Inputting family information, alternate info, fixing errors, adding stories, notes. Common issues and problems; collateral family members; FANs. Plan your searches/research carefully; do research logs for challenges. Adding proof/sources/citations and other important details. Standards; avoiding the post-it-notes flood and piles of paper *[back to organizing!]*; Sharing your information with others – GEDcoms, papers, docs, photos

Oct. 30 Write A Family History & Self-Education

Trials and tribulations of writing, what to include, photos, maps, stories. Interviewing relatives, successful contacts and tips re 'difficult' relatives. Ongoing education: webinars, seminars, books, associations, magazines, more. Questions, follow up.

Handouts each class: a variety including charts, forms, lists and internet links.

If you have a laptop computer you are welcome to bring it to the class.

Instructors: **Tues. Sept. 25-Oct. 30**
BC Genealogical Society **12:30-2:30**
Computer Room **\$65/6 weeks**

IS108 HOW TO LISTEN TO MUSIC

The purpose of this course is to answer two questions: How is music put together? How do we listen to it? We will consider some of the basic elements of rhythm, melody, harmony and texture, and explore how composers use these elements to achieve a particular effect.

Our discussions will emphasize the importance of concentration and memory in understanding music and, most importantly, the role of the listener's imagination. Our listening examples will come from a broad ringer of repertoire, from the Renaissance to the early 20th century.

Nicolas Krusek is a professional musician, conductor and speaker on music-related topics. He has performed with and directed numerous professional, amateur and youth orchestras throughout BC and Central Europe

Instructor: Nicolas Krusek **Fri. Sept. 14-Oct. 19**
Halpern Room **10:00-12:00**
\$90.00/6 weeks

LAUGHTER IS THE BEST MEDICINE SERIES

And to prove it, we have three very different events for you to sample! Two require fees and one is a no-charge event.

IS109 Don't Mess with the Medical Officer

Dr. John Blatherwick was one of Canada's trailblazing leaders in public health and was the longest-serving medical health officer in Canada when he retired in 2007. In this humorous lecture, Dr. Blatherwick will tell about the fun that was had arresting six milk maids and keeping them overnight in jail for selling raw milk; for keeping a TB patient in chains for six months; his many 'fun' times in court and more!

Dr. John Blatherwick
Halpern Room

Wed. Sept. 26
10:30-11:30
\$15.00

What's on the Telly?

Join Brock House Society member Tony Swain for an hour of laughter! From Bloopers to TED Talks, there's always something on the air to tickle our funny bones.

Tony Swain
Halpern Room

Wed. Oct. 10
10:30-11:30
No charge

IS110 Magic!

John Kaplan has been touring Canada for three decades, performing his unique brand of family-friendly magic for audiences in practically every major city as well as some of this country's remotest communities.

John Kaplan
Halpern Room

Wed. Oct. 17
10:30-11:30
\$20.00

LECTURE SERIES

Knowledgeable specialists lecture on diverse topics.

Sept. 11 **Setting a New Course: The Vancouver Maritime Museum, 2018-2020:** *Dr. Joost Schokkenbroek, Executive Director, Vancouver Maritime Museum*

Sept. 18 **Global Warming: The Science Behind It and the Challenges Ahead:** *Dr. David Chapman, Brock House Member and Emeritus Faculty, Geology and Geophysics, University of Utah*

Sept. 25 **Youth in BC Today:** *Katie Hyslop, Education, Youth and Housing Reporter, The Tyee.*

- Oct. 2 **Guitars and Guitar Making:** *Michael Dunn, 50 years of Guitar Building*
- Oct. 9 **Rumrunners:** *David Williams, Historian at RVYC*
- Oct.16 **The Politics of Pipelines: A Very Canadian Story:** *Dr. George Hoberg, UBC School of Public Policy and Global Affairs*
- Oct. 23 **Making the Case: Defending the BC Coast:** *Olivia French, Environmental and Social Justice Lawyer, Ecojustice Canada*
- Oct. 30 **Whither NAFTA?** *Dr. Keith Head, Sauder School of Business, UBC*
- Nov. 6 **How can China-US Relations affect Canada?** *Dr. Paul Evans, Liu Institute of Asian Studies, Public Policy & Global Affairs, Political Science, UBC*
- Nov. 13 **Ideas of God:** *Dr. Michael Griffin, Classical, Near Eastern and Religious Studies, Philosophy, UBC*
- Nov. 20 **Afghanistan Today:** *Ruhullah Khapalwak, Afghan journalist, at present a graduate student in Journalism at UBC*
- Nov. 27 **Flower Power: The Role of Botany in Forensics:** *Dr. Rolf Mathewes, Biological Sciences, SFU*
- Dec. 4 **Canada Wide Pharmacare:** *Dr. Steve Morgan, School of Population and Public Health, Faculty of Medicine, UBC*

Convenor: Allan Strain **Tues. 10:30-11:30**
Halpern Room

IS111 LEGENDARY PERFORMERS

Some performers are simply born great. It is their combination of talent and charisma which makes them legendary. Neil Ritchie examines what makes a performer great and looks at how, besides talent, their early lives, family, education, career choices, mentoring, integrity, musicality, direction, timing, and, of course, luck impacted their careers. Spend some time with each of them enjoying their music and learning about their often complicated personal lives.

- Nov. 2 **Sarah Vaughan:** The jazz singer with a voice as thick as chocolate cream and twice as rich.
- Nov. 9 **Frank Loesser:** Guys and Dolls, How to Succeed and dozens of pop hits with the music and lyrics by Frank Loesser.
- Nov. 16 **Elton John:** He could retire on the

royalties from *The Lion King*, but he loves to perform and delivers a great show night after night.

Nov. 23 **Ennio Morricone:** The composer famous for his soundtracks, including *The Mission*, *The Good, The Bad and The Ugly* and almost 200 other memorable movie scores.

Nov. 30 **Jazz Pianists:** Let's trace the history of this incredible influence from boogie woogie to stride to Bill Evans.

Dec. 7 **Leonard Bernstein:** The master conductor, composer, educator and life of the party who would have been 100 this year.

Instructor: Neil Ritchie Fri. Nov. 2-Dec. 7
Halpern Room 10:00-12:00
\$90/6 weeks

LOCAL HISTORY SERIES

The History of Jericho Beach and Jericho Beach Park

How much do you know about the area to the west of Brock House? Mike Cotter and Lindsay Brown have both volunteered their time and talents to provide you with some fascinating history.

Jericho Beach Air Station

The Jericho Beach Air Station was Vancouver's first aviation facility, established in 1920 almost 10 years before Vancouver Airport opened. Originally a civilian aviation facility, it became a Royal Canadian Air Force facility during WWII. The Jericho Beach Air Station was exclusively used by seaplanes and flying boats. Come hear more about the Jericho Beach Air Station and view a rare collection of historical slides with Mike Cotter, General Manager of the Jericho Sailing Centre Association.

Mike Cotter Mon. Sept. 17
Halpern Room 1:30-2:30
No charge

Habitat 1976 - Vancouver's Lost Mega-Event

The first UN Conference on Human Settlements attracted a "who's who" of international thinkers and politicians to Vancouver. In this session Canadian writer, designer and activist Lindsay Brown focuses on the conference's free public component known as Habitat Forum, which was simultaneously deemed an out-of-control hippie gathering and "the official suicide of counter-culture". Through first-hand accounts of those who participated in

the Forum, you'll hear the imaginative and chaotic narrative of activists who circumvented government to bring the debate to the public. Habitat '76 illuminates an imaginative moment of utopian possibility in Canadian politics.

Lindsay Brown
Halpern Room

Mon. Sept. 24
1:30-3:30
No charge

LUNCH WITH TED - IDEAS WORTH SPREADING

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. 10 Architecture

A Master Architect asks now what, *Frank Gehry*
Building the Seed Cathedral, *Thomas Hendrick*
The design of Seattle's Library, *Joshua Prince-Ramus*

Sept. 17 Question of Religion, Good and Evil

A new way to explain 'explanation', *David Deutsch*
Is religion good or bad? (This is a trick question),
Kwame Anthony Appiah

I grew up in the Westboro Baptist Church. Here's why I left, *Megan Phelps-Roper*

Sept. 24 More Birds

For the love of birds, *Washington Washira*
Crows, smarter than you think, *John Marzluff*
Birds of paradise project introduction, *Cornell labs*

Oct. 1 Music

Leading like the Great Conductor, *Itay Talgam*
The Mad Scientist of Music, *Mark Applebaum*
Between music & medicine, *Robert Gupta*

Oct. 15 One Billion People

Ideas for India's future, *Nandan Nilikani*
A 50-cent microscope that folds like origami, *Manu Prakash*

In praise of macro — yes, macro — finance in Africa,
Sangu Delle

Oct. 22 If You Love Art History

The unheard story of the Sistine Chapel, *Elizabeth Lev*
Finding the story inside the painting, *Tracy Chevalier*
How I learned to stop worrying and love useless art,
Luke Syson

Oct. 29 Truth and Lies

Can you really tell if a kid is lying, *Kang Lee*
How to spot a liar, *Pamela Meyer*
The magic of truth & lies (and iPods), *Marco Tempest*

Nov. 5 **Cities**

The biggest risks facing cities and some solutions,
Robert Muggah
How we can design timeless cities for our collective
future, *Vishaan Chakrabarti*
Take turns, *Gary Lauder*

Convenors: Christine Chou, Lyz Sayer
Halpern Room Mon. 12:00-1:00

MAD MEN LECTURE SERIES

There is a fine line between insanity and greatness. Come walk the line with us. All seven speakers are current faculty at Langara College, and are donating their time and talents to Brock House Society. **You must register for this series.**

- Sept. 21 **Nero: Unhinged and Unapologetic,**
Jennifer Knapp
- Sept. 28 **Merlin: Court Magician or Visionary
Madman?** *Jessica Hemming*
- Oct. 5 **Henry VIII: Mad, Bad, or Just Dangerous
to Marry?** *Niall Christie*
- Oct. 12 **Ariosto's Orlando: The Knight Mad with
Love,** *Kina Cavicchioli*
- Oct. 19 **Maximilian Robespierre: Madman or
Modern?** *Craig Keating*
- Oct. 26 **Sir Sam Hughes: Canada's Mad Minister
of Militia,** *David Borys*
- Nov. 2 **The Uncanny Valley: Where Madness
Waits,** *Erin Robb*

Begg Room Fri. Sept. 21-Nov. 2
2:00-3:30
No charge

PHILOSOPHY READING AND DISCUSSION GROUP

Part 10: Political Philosophy - From Plato to
Modern Thought

The material for this discussion group is designed as an introduction to Political Philosophy. We will read and discuss Ancient Political thought, Medieval Politics, Rationality and Enlightenment to Post War Politics. Members are required to come to the group prepared to discuss the agreed text readings of **Jack Thomson's *History of Philosophy***. We will also view ***The Great Courses DVD Lecture Series on Political Philosophy*** taught by **Dr. Lawrence Calhoone**. Group is limited to ten participants. Please contact the convenor through the office before attending for the first time.

Convenor: Glenys Acland Tues. 1:15-3:00
Games Room

REMEMBRANCE DAY SERIES

WW1 Poetry Lecture

James Sexton, who continues to teach part-time online in the English Department of Royal Military College, Kingston, Ontario, will discuss several poems by soldier-poets Wilfred Owen and Siegfried Sassoon. He will illustrate these poems with photos of original handwritten drafts of "Dulce et Decorum Est", as well as images of letters from the trenches that Owen wrote to his mother. He will also refer to the war poems of some female British poets.

James Sexton Wed. Oct. 24
Halpern Room 10:30-noon

***Yours, Lovingly* - The Great War Letters of Major
E.G.M. Cape 1915-1917**

In this DVD documentary Douglas Abel brings Major Cape's letters to his wife and son from the Western Front to life. Narration by Cape's granddaughter and her husband, photos, works of art, music from the Great War era and more!

Douglas Abel Wed. Oct. 31
Halpern Room 10:00-noon

Nursing Care for Allied Forces - WW1

In this presentation about nursing care for Allied Forces during World War 1, Wendy Trigg brings the personal family history of her grandfather's participation in France for Canada in 1916 into the broader scope of the casualties of war. Wendy is conducting research on "Nursing at the Front, WWI" with the BC History of Nursing Society.

Wendy Trigg Wed. Nov. 7
Halpern Room 10:00-11:30

SERVICES FOR SENIORS SERIES

A timely series of 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.

Sept. 26 How to Make Your Money Last

Find the balance between living well and not running out of money, cut taxes and preserve government benefits. You will learn simple ways to improve your results so that you feel more confident and secure. **Peter Brock** is a seasoned investment adviser focusing on defensive investing. He is VP Marketing and Business Development for Leede Jones Gable Inc.

Oct. 3 Isobel Mackenzie, Seniors Advocate

Isobel Mackenzie has over 20 years' experience working with seniors in home care, licensed care, community services and volunteer services. She led B.C.'s largest not-for-profit agency, serving over 6,000 seniors annually. In this work, Isobel led the implementation of a new model of dementia care that has become a national best practice, and led the first safety accreditation for homecare workers, among many other accomplishments. Isobel has been widely recognized for her work and was named B.C. CEO of the Year for the not-for-profit sector and nominated as a Provincial Health Care Hero.

Oct. 10 Hearing Health

Dr. Vavrovicova, a Doctor of Audiology, will discuss the early signs of hearing loss and the importance of early detection. She will also explain the types of hearing loss and the link between untreated hearing loss and dementia.

Oct. 17 Tracy Lundell, Investment Advisor

Tracy, who comes to Brock House Society recommended by Peter Silin, has been a financial advisor for over 25 years. She is a great presenter and provides information on full-suite of wealth management services, taxes, investment and wealth planning.

Oct. 24 Honouring Life's Milestones

A pragmatic and playful presentation about the Art of Ceremony. *Celebrant* Lisa Hartley demonstrates how to celebrate the big transitions in our lives. It's important to acknowledge milestone birthdays, downsizing, or retirement with meaningful celebrations. Bring your questions, concerns and ideas. Lisa will help you bring meaning into your life.

Oct. 31 Tools to Prepare for the Unthinkable

Hilde Deprez' practice has a strong focus on Estate and Incapacity Planning. Empowering clients with information and providing them with the tools needed to prepare for the "Unthinkable" is what Hilde finds most rewarding. Hilde and her husband, Filip de Sagher (also a Notary) opened their Notary Practice on Vancouver's westside in 2002.

Nov. 7 Social Isolation and Loneliness & Seniors

Eddy Elmer is a member of the Senior Advisory Committee of the City of Vancouver and a PHD student in gerontology at Vrije University in Amsterdam. He will speak about his research on Social Isolation and Loneliness. Reference may be made

to his newly released report on these issues, including recommendations which could be implemented by government service providers, and individual citizens, to help prevent, or reduce, social isolation and loneliness.

Nov. 14 Forbidden Food

Whatever the reason is for modern healthy food beliefs, the plain truth is that we are deluded if we expect to live longer or suffer less illness through buying into them. Five decades of science attempting to prove the opposite has failed. The only bad food, for us, is food that tastes bad, or more generally food that doesn't give us inner joy and delight. Enjoy food. Enjoy your own personal, strange (or dead ordinary), cultural, family, or instinctive preferences for what you eat. Life's too short to try to prolong it by wrecking one of its greatest pleasures. *Dr John Sloan*

Nov. 21 Exercise is the Best Medicine

This lecture will outline the clinic's *7 Healthy Habits* as well as help you understand how regular physical activity at the right intensity can help decrease your risk of various chronic health conditions. It will also be shown how exercise has enabled many clinic members to make positive lifestyle changes. *Andrew Taylor* and *Tory Brooks-Hill* own the **LIVE WELL Exercise Clinic** in Vancouver

Nov. 28 Aging in Place-Options & Resources - Annual Revisit

This 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. *Joanne Haramia, Jewish Family Services Agency, back by popular demand*

Convenors: Wed.

1:30-3:00

**Carroll Coates, Henriette Orth
Halpern Room**

TRAVEL SERIES

Photographers share their travel experiences

- Sept. 10 Cruising the Eastern Mediterranean, *Ian Cumming*
- Sept. 17 Sailing & SCUBA diving in Southern Thailand, with a Hong Kong Stopover, *Graham Baldwin*
- Sept. 24 Life on a Dutch Houseboat/A Journey into the Zuiderzee's Past, *Rose Taylor*
- Oct. 1 Diving in the Philippines, *Jennifer Ingram*

- Oct. 8 **Thanksgiving (no talk)**
 Oct. 15 Perfume Centre of France: Grasse, *Barry Shell*
 (Perfume Alert: Talk will include sniff samples)
 Oct. 22 Gringolandia: San Miguel de Allende, Mexico, *Jerry Scheffer*
 Oct. 29 Halloween: On Dracula's Trail in Romania, *Alice Vasile & Jo Pleshakov*
 Nov. 05 In Remembrance: Vimy, Bayeux and Paris, *Ann Coombs*
 Nov. 12 **Remembrance Day (no talk)**
 Nov. 19 Cornish Coastal Path/History of Cornish Mining, *Tony Keen*
 Nov. 26 Morocco & Ethiopia: Two Engaging and Surprising North African Countries, *Murray Hendren*
 Dec. 03 Circumnavigating Japan: Land of Cell Phones and Samurai, *John Smith*

Convenor: Jo Pleshakov **Mon. 10:30-noon**
Halpern Room

IS112 WHAT IS NATIONALISM?

A Brock House Society member asked this question of Stan. His reply: There is no simple answer. This class examines the origins of an ideology that has as its aim the adoption by the individual of values that transcend loyalty to a group based on kinship. Or, that is what many believe that nationalism espouses and advocates. There are arguments to be made that suggest the idea is little more than a modernized 'us-them' paradigm.

Over 6 weeks, we shall aim to answer: What is nationalism?

If it is merely the attachment to a piece of territory, we must explain how earlier societies made a home to individuals and groups who identified with and defended multi-ethnic, multi-confessional Empires.

If it is loyalty to more than a clan or group, then why do populations, through arguments that aim to restrict immigration, often strive to purify or re-define some mythical group attachments while doing so in the name of protecting the nation and nationalism?

If it is merely an association based on loyalty to some geographic entity, why are some who stand proudly in defense of nationalism never satisfied with the borders of the state they laud?

We explore nationalism as a concept and as a political force. We'll trace its roots in liberal philosophy and examine how 18th-19th century intellectuals, influenced by the Enlightenment, saw it as a potent means for both energizing ethnic groups and a means for bridging paths to other peoples. Perhaps from these origins in Liberalism we find nationalism representing both ethnic elements and possibilities for integrating and welcoming others (multinationalism, multiculturalism, civil society). We'll take up critics of the idea, including Karl Marx himself, who saw nationalism as a tool of repression and a means for personal liberty to be erased. We'll study how political elites by the 20th century came to rely, at least through rhetoric, on nationalism to gain both public support and, in some cases, absolute power. Finally, we'll examine the ideology's prospects. How likely is nationalism to survive past the 21st century?

No class October 18

Instructor:
Stan Markotich
Halpern Room

Thurs. Sept. 27-Nov. 8
12:30-2:30
\$90/6 weeks

Workshop on Electoral Reform Referendum: A Voter's Guide to Choosing a Voting System

British Columbians will soon be able to vote in a referendum to decide if they want a new electoral (voting) system. The Study Group on Democratic Reform is hosting a workshop to discuss the referendum questions. Shoni Field, a former member of the BC Citizens' Assembly and a speaker at the Study Group's May Symposium, will lead the workshop. Join us as we:

1. Work through seven key questions to determine what you value most in a voting system.
2. Learn about the three proportional systems that will be on the referendum.
3. Assess how each system delivers on the values most important to you.

Explore the most common arguments on both sides of the discussion to differentiate fact from myth.

Organized by the Study Group on Democratic Reform
Halpern Room **Monday, Oct. 1**
1:30-3:30

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. The classes are focused and instructive, energetic and fun.

LG101 Beginners

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

Instructor: Yanick **Mon. Sept. 17-Nov. 26**
Begg Room **9:30-11:00**
\$90/9 weeks

LG102 Intermediate

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

Instructor: Yanick **Mon. Sept. 17-Nov. 26**
Begg Room **11:15-12:45**
\$90/9 weeks

LG103 Advanced

This course is for students who have completed the intermediate course or who have an excellent knowledge of intermediate French and who want to move to the advanced level. We 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.

Instructor: Yanick **Mon. Sept. 17-Nov. 26**
Games Room **1:30-3:00**
\$90/9 weeks

LG104 MANDARIN by Ms. Gong

Curiosity in Chinese culture and Mandarin are all you need to join this beginner class. This course is for students of any background! Come to Ms. Gong's class with a binder and a pen. She will provide useful class handouts. By the end of this course, you will be able to greet others, introduce yourself and handle basic daily conversation in authentic Mandarin! You will be able to count numbers in Mandarin, identify Chinese currency, know famous Chinese cities/places and order food in Chinese restaurants, etc. As a bonus, you'll learn Mandarin Pinyin, the Chinese Phonetic System. Please note: an additional \$10 per student will be collected by the instructor to pay for photocopies.

Instructor: Victoria Gong **Thurs. Sept. 20-Nov. 22**
Games Room **9:30-11:30**
\$200/10 weeks

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 **Tues. Sept. 18-Oct. 23**
Level 1-Beginners **11:00-Noon**
Level 2-Intermediate **Noon-1:00**
Games Room **6 weeks**
No Charge

Research has shown that the over-55s show the highest success rate in succeeding to learn another language, due to their life experience of learning. To learn a new language is a hopeful and positive sign of looking into the future and signals that the person is progressive and feels ready to take on a challenge.

To learn a new skill, including a new language, is a great self-esteem boost. You have set your mind to something and succeeded. The personal rewards for this experience are huge and it demonstrates to us just how powerful our minds are.

MUSIC PROGRAMS**BROCK HOUSE BIG BAND**

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

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

BROCK HOUSE CHAMBER PLAYERS

We are always looking for new members who play strings, woodwinds or brass! Come by to see us on Wednesday afternoon with your instrument and we will be glad to see you. Set-up at 1:00, music from 1:00-3:00.

Director: TBA **Wed. 1:00-3:00**
Begg Room

BROCK HOUSE CHOIR

We are a four-voice choir. At present we cannot take any more members, but if you would like information please call our Choir President, Sharon Copeman at 604-263-9917 or our Membership Chair, Diana Bragg at 604-224-3897. Practices are held at the Seniors' Centre, Kerrisdale Community Centre.

Director: Elsie Stephen **Tues. 1:00-3:15**
Out of House

HANDBELLS (Brock House/Kerrisdale)

Join this enjoyable and rewarding group activity. No handbell experience required but we do ask that you are 55 or older and able to read music. Please contact President Jean Peggie, 604-732-3354 or Grace Lau, 604-323-8131 before registering. 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.

Conductors:

Grace Lau & Cheryl McHugh **Mon. 9:30-Noon**
Jeong Hur **Wed. 1:30-4:00**
Out of House

BROCK HOUSE JAZZ BAND

The Brock House Jazz Band consists of 4 soloists, a 4 piece rhythm section and a vocalist, dedicated to playing old style jazz standards. We entertain regularly for dances at Brock House, Seniors' Centres, and Care Homes. At present, there are no vacancies in the Band, but, if you are interested in our music, you are welcome to come and listen-in to our weekly practices in the House.

Leader: Rob Arseneau
Bookings: Doug Rogerson
Halpern/Activity Room **Thurs. 1:00-3:00**

BROCK HOUSE ORCHESTRA

This is a full symphony orchestra giving regular concerts of classical and modern works at seniors' homes and community centres. We enjoy rehearsing with our professional conductor, Jeffrey Tseng, and perform most years at the Summer Fair. If you play a symphonic instrument, come to the Begg Room on Wednesday mornings. New members are welcome, especially string players.

Director/Conductor: Jeffrey Tseng
Director Emeritus: Ernie Fiedler
Outreach: Philip Neame
Begg Room **Wed. 10:00-noon**

SING-A-LONG

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

We do some sing-alongs at Brock House events and our monthly visits to Vancouver seniors' residences are popular with both our hosts and our members.

Pianist: Leora Williams
with Joane Sunahara on recorder
Conservatory **Mon. 1:30-3:30**

SOCIAL GROUPS**AFTER HOURS Out of House**

The following social group is intended for all Brock House members - couples and singles alike, or those that have partners who are either unable to join them, or who do not share the same interests. Activities are scheduled on weekday evenings. Members are responsible for their own transportation and expenses.

ADVENTURES IN DINING

This is a wonderful opportunity to meet other Brock House members while enjoying dinner at one of Vancouver's many fine restaurants. Each month the convenor(s) selects a restaurant for its interesting menu and emails members with details, and a proposed date(s) for the event. Those interested reply by email to reserve a place, and await confirmation. Member input to the choice of cuisine and venue is welcomed. Groups are usually limited to 6 people to facilitate service and conversation, as socializing is a focus. Contact one of the convenors to join the mailing list.

Convenors: Christine Chou (2muffychou@telus.net) Lesley Dawson-Burns (ldawsonburns@telus.net)

Jan Smith (4jannys@gmail.com)

WORKSHOP**WORKSHOP**

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.

Convenor: Bill Ramey Mon. & Thurs. Noon-3:45
Tues., Wed. & Fri. 9:00-3:45

WOODWORKERS

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

Convenor: Bill Ramey Mon. & Thurs. 9:00-Noon

WRITTEN WORD**BOOK CLUB**

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.

Convenor: Francine Panet-Raymond
Meyer Room Last Friday of month, 1:15-3:15

LIFE WRITING

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

Convenor: Inge Andreen Thurs. Sept. 13-Nov. 15
Meyer Room 10:00-Noon

PLAY READING

Come to read and enjoy plays in a friendly and supportive atmosphere. English reading and speaking skills are required. No acting experience is necessary.

Convenor: Penny Pearson Mon. 1:00-3:00
Meyer Room

WR101 WRITE FROM THE HEART

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

Instructor: W. Ruth Kozak Wed. Sept. 19-Nov. 7
Games Room 10:00-12:00
\$65/8 weeks

WRITERS' CIRCLE

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

Convenor: Pat Ajello Fri. Sept. 7-Dec. 14
Meyer Room 10:00-Noon

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. 14** **The Post:** A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government.
- Sept. 21** **A Passage to India:** Cultural mistrust and false accusations doom a friendship in British colonial India between an Indian doctor, an Englishwoman engaged to marry a city magistrate, and an English educator.
- Sept. 28** **Waking Ned Devine:** When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.
- Oct. 5** **Molly's Game:** The true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game and became an FBI target.
- Oct. 12** **Phantom Thread:** Set in 1950's London, Reynolds Woodcock is a renowned dressmaker whose fastidious life is disrupted by a young, strong-willed woman, Alma, who becomes his muse and lover.
- Oct. 19** **Lady Bird:** In 2002, an artistically inclined seventeen-year-old girl comes of age in Sacramento, California.
- Oct. 26** **All the Money in the World:** The story of the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather Jean Paul Getty to pay the ransom.
- Nov. 2** **I, Daniel Blake:** After having suffered a heart-attack, a 59-year-old carpenter must fight the bureaucratic forces of the system in order to receive Employment and Support Allowance.
- Nov. 9** **Darkest Hour:** In May 1940, the fate of Western Europe hangs on British Prime Minister Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on knowing that it could mean a humiliating defeat for Britain and its empire. **(Shown in the Activity Room)**
- Nov. 16** **The Greatest Showman:** Orphaned, penniless but ambitious and with a mind crammed with imagination and fresh ideas, the American Phineas Taylor Barnum will always be remembered as the man with the gift to effortlessly blur the line between reality and fiction.
- Nov. 23** **No Film (Christmas Fair Prep)**
- Nov. 30** **The Curious Case of Benjamin Button:** Tells the story of Benjamin Button, a man who starts aging backwards with bizarre consequences.
- Dec. 7** **Wonder:** Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman.
- Dec. 14** **The Man Who Invented Christmas:** The journey that led to Charles Dickens' creation of "A Christmas Carol", a timeless tale that would redefine Christmas.

MEET YOUR DIRECTORS

Hosted by your Directors, these sessions are designed to share the Society's current challenges and needs with members and to flesh out the issues which the Board is working on. Topics for each session will be announced in September but will likely be chosen from the following: Strategic Planning, Property Management, Budget, Events/Performing Arts/Programs, Marketing/Website, Membership/Volunteer Resources, Governance, and Health & Safety. Members are encouraged to ask questions and express their opinions.

Convenor: Jo Pleshakov Tues. Oct. 2 – Nov. 6
Director for Membership & Governance
Halpern Room 12:00–1:00 pm

SOCIALS & EVENTS

HALPERN PERFORMING ARTS EVENTS

Sponsored by the George Halpern Fund

The UBC Opera Students

Under the direction of Nancy Hermiston

Once again Brock House members (and their guests) will have the opportunity to hear some of the finest up-and-coming opera performers. The students will be performing selections from their current repertoire. Ticket sales move quickly for these performances—make sure you purchase early in order to avoid disappointment!

Conservatory Thursday, October 18
1:45-3:15
Members \$8/Guests \$10

The Onyx Trio

Brock House Society members are in for a rare treat with this concert by The Onyx Trio. With **Mark McGregor on flute, Joy Yeh on harp and Isabelle Roland on viola.** They will be playing Debussy, Saint-Saens, Jolivet, Bax Elgar and Ravel!

Conservatory Tuesday, December 11
1:45-3:15
Members \$8/Guests \$10

A DINNER & FASHION SHOW

September is the PERFECT time to start looking at fashions that are new for the fall, and your Social Committee has organized a Dinner and Fashion Show for the enjoyment of Brock House Society members and your guests. The dinner is catered by **Brock House Restaurant**, fashions from **Tenth & Proper.**

Reception in the Conservatory at 6:00

Dinner in the Marquee 6:30

Fashion Show commences after dinner

Wednesday, September 26

Members \$55/Guests \$60

REMEMBRANCE DAY TRIBUTE

Please join other members in the annual Remembrance Day Tribute. Music provided by The Brock House Big Band. Special guest Elizabeth Herejk will present a very personal glimpse into active service life by sharing vignettes and quotes from all the miraculously preserved correspondence written between her parents during WW2. Light refreshments in the Halpern Room after the program. This special event is open to members and their guests.

Brock House members who are veterans may attend this event free of charge.

Conservatory Friday, November 9th
1:45-3:15
Members & Guests: \$8.00

BROCK HOUSE CHRISTMAS LUNCHEON

This delightful annual event has become a special Brock House tradition. Members gather together with friends and family to enjoy a special Christmas feast prepared by 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.

Conservatory Wednesday, December 12th
4 sittings: 11:00, 11:30, 12:00 & 12:30
Members: \$35.00 Guests \$40.00

NO TICKET SALES OR REFUNDS AFTER NOVEMBER 23

SPECIAL OUT of HOUSE EVENTS**Bill Reid Gallery**

639 Hornby Street, Vancouver

The gallery was established to celebrate the work of the Haida master artist, and the diverse living cultures of the NW Coast. The walking tour of the gallery will take about one hour. Optional lunch prior to the tour, location TBA. Cost of the tour must be prepaid. **Register by Sept. 3.**

Convenor: Callie Wong**Wed. Sept. 12****11:30-3:00****\$13.00****Museum of Anthropology**

6393 NW Marine Drive, Vancouver

Come and see this world-class museum of arts & cultures, with a special emphasis on the First Nations peoples and other cultural communities of BC. Meet at the entrance inside the museum at 10:30 to join the one-hour guided walking tour that begins at 11:00 a.m. Lunch at the MOA café is optional. Seniors' admission fee to the museum is \$16.00, to be paid individually at the door.

Register by September 20**Sat. Sept. 29****Convenor: Callie Wong****10:30-3:00****Saturday Night Live Opera Buffet**

Callie Wong has organized this out-of-house social event for Society members. Enjoy live opera while you indulge in a sumptuous array of antipasti platters, salads, succulent entrees and pasta, at the Pan Pacific Hotel's ***Ocean 999 Restaurant***. Cost, to be paid individually at the restaurant, is \$55 (senior rate) plus tax and gratuity. Dress code: smart casual. This event is limited to 7 people.

Register by November 9.**Convenor: Callie Wong****Sat. Nov. 17****6:00-9:30****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. All tours may be purchased online or through the Brock House Society office.

Royal BC Museum - Egypt: The Time of the Pharaohs

Experience a time when civilization grew along the Nile, pyramids dotted the skyline and people believed gods walked among us.

With more than 300 original artifacts, some an astounding 4,500 years old, this exhibition covers all aspects of ancient Egyptian life, from the emergence of ancient Egyptian civilization along the Nile to the Ptolemaic and Roman eras.

Be among the first in North America to see this staggering exhibition's priceless ancient artifacts, such as the coffin of Nakht, an exceptional bust of Hatshepsut and an ornate gold and garnet necklace from the Ptolemaic period.

The tour includes transportation to and from Brock House, ferry cost, Museum/Exhibit entry and lunch at the Legislative Dining Room.

Wednesday, Oct. 10**7:30 a.m.-7:30 p.m.****\$149/members & guests****The Merry Widow****Vancouver Opera performance of**

We have 10 seats reserved for this performance of **The Merry Widow** at the Queen Elizabeth Theatre on October 25. **Tickets are \$81 per person**, members & guests. Seats are on the mezzanine level.

Transportation is not included. On sale now.

Please note that we **MUST** sell all 10 seats by August 31 or we forfeit the discount price.

Register by August 31**Thursday, October 25****7:30 p.m.****\$81/members & guests**

OVERNIGHT TOURS - 6 seats have been reserved for Brock House Society members on each of these tours

Okanagan Wine Escape

Experience the definitive Okanagan Wine Escape in Penticton, Oliver, and West Kelowna for the best wine tours, tastings and vineyard dining. Sightsee the natural desert environment of this premier wine-growing region of Canada including South Okanagan jewels Skaha Lake and the winery-dotted Naramata Bench. Visit Burrowing Owl Estate Winery, Tinhorn Creek Vineyards, Mission Hill Winery, Hillside Estate Winery, Road 13 Vineyards and the BC VQA Information Centre. For complete tour details, please contact the office.

September 18-20 (3 days, 2 nights)

Pick up at Brock House Sept. 18 7:15 a.m.

Drop off at Brock House Sept. 20 7:15 p.m.

\$699/double, \$899/single

Canadian Christmas Traditions

Take an entertaining holiday trip to some of BC's favorite Christmas landmarks! Ladysmith's 31st *Festival of Lights*, the Chemainus Theatre Festival and the Butchart Gardens. The 12th Annual *Festival of Lights Craft and Artisan Fair* and the Ladysmith *Kinsmen Light Up Parade* make this a truly special event. Spend two nights in the charming little town of Chemainus, full of lovely little shops, beautiful murals and friendly people. Dine at the Chemainus Dinner Theatre Buffet, then attend the live performance of "Little Women". Visit small towns Cowichan Bay and Coombs, enjoy a traditional afternoon tea lunch at Gatsby Mansion and the annual Gingerbread House Competition. Then feel the Magic of Christmas on display at the Butchart Gardens! Complete itinerary details available on request.

Please note that because of the need to make the ferry reservation, the pick-up and drop-off location is not Brock House. More detailed information will be emailed to you upon registration)

NOVEMBER 28-30 (3 days, 2 nights)

Pick up/drop off at:

Vancouver Car Park, 4588 Clancy Loranger Way
OR King Edward Skytrain Station

Pick up: November 28 8:30 a.m.

Drop off: November 30 9:15 p.m.

\$649/double, \$799/single

Donate to Brock House Society

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

We also inhabit an old house, and we always have infrastructure needs. One example is the elevator upgrades.

If you'd like to donate to these infrastructure needs, please log on to our website:

www.brockhousesociety.com. Click on the **Fundraising** menu tab and then on the

Donate link. You will be guided through the rest of the steps.

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

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

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

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

Thank you!

You are invited
to join us at our
FREE Lifetime event

VanDusen Gardens
September 19, 2018
10:00am-2:30pm

Check us
out online
vancourier.com

**#1 COMMUNITY
NEWS SITE
IN CANADA**

VANCOUVER 
Courier

OUR MISSION

Brock House Society is a seniors' activity centre serving the Metro Vancouver area. We operate and preserve a heritage building at Jericho Beach.

We encourage and enable seniors to live fuller lives. We do this through reaching out to seniors, providing a supportive environment, and offering a variety of high-quality programs, events and activities intended to supplement those offered in the local community.

HOURS OF OPERATION

The House is open Monday to Friday, 8:00 a.m. to 4:00 p.m.

The Office is open Monday to Friday, 9:00 a.m. to 3:45 p.m.

MEMBER BENEFITS

Besides the many free activities and fee-based courses and events listed in this program, members can drop by Brock House to play a game of billiards in the Billiard Room or croquet on the lawn, do a daily crossword or Sudoku, or read the newspaper, a novel or a book in our well-stocked library.

NEWSLETTER & WEEKLY EMAIL UPDATES

The Gallimaufry

The Gallimaufry is a monthly newsletter of news and information for and about Brock House people and events. You can receive the Gallimaufry by email (no charge), you can buy a copy at the Greeter's Desk or in the office (25 cents), or you can purchase an annual subscription (\$25) to be mailed to your home.

Weekly Email Updates

Weekly updates on coming events are sent to all members and some former members by email. If you do not already receive this popular and timely announcement, please email

brockhouse@telus.net with "Email Updates" in the subject line.

PARKING

Members may park free, during business hours only, in on-site parking or at additional assigned parking on the east side of the Jericho Beach parking lot. You will need to get a parking decal from the office and display it prominently on your

CAFETERIA

The Cafeteria is a warm and cheerful place where you can have lunch or coffee with friends. Menus are published monthly in the Gallimaufry newsletter, posted on the website, or you can pick them up in the cafeteria on your next visit. You can also take a break from cooking with a low-cost take-home meal. You can bring up to three guests to the cafeteria each day but remember to sign in your guests at the front desk first. The cafeteria is open for lunch Monday to Friday from 11:30 a.m. - 1:00 p.m. Coffee and snacks are available Monday to Thursday from 9:00 a.m. - 3:00 p.m., and on Fridays from 9:00 a.m. - 1:30 p.m.

COMPUTER LAB

The computer lab is equipped with eight PC laptop computers using the Windows 10 operating system. You can drop in on Monday afternoons for computer help. You can use the lab at any other time by signing out the key in the office. WIFI is available for members' use. Password available at Computer Drop-In on Mondays or from the office.

LIBRARY

Our well-stocked library is on the second floor, around the corner at the top of the stairs.

HOW TO BECOME A MEMBER OF BROCK HOUSE SOCIETY

If you like what you see in this program and you would like to participate in a group or a course, consider joining! We welcome everyone 55 years of age and over as a member of the Society. The annual membership fee for the 2018 calendar year is \$60 (GST included).

You can become a member by going to the Brock House website (www.brockhousesociety.com) and clicking on "Join" then following the prompts.

You are also welcome to call the office or to come in person.

Membership in Brock House Society can be a rich and rewarding experience. From classes and lectures to volunteering and making new friends, there is something for everyone!

“I’m thriving today,
and living here is
a big reason why.”

To learn about Bev’s story and life at
Tapestry, visit DiscoverTapestry.com
or call 604.225.5000 to schedule a
complimentary lunch and tour.



www.DiscoverTapestry.com
Tapestry at Wesbrook Village
3338 Wesbrook Mall, Vancouver BC
604.225.5000

©Registered Trademarks of Concert Properties Ltd.,
used under license where applicable.



Exceptional West Coast Cuisine, Breathtaking Seaside Views

INVITE YOUR FAMILY AND FRIENDS TO JOIN US FOR DINNER OR SUNDAY BRUNCH!

DINNER SERVICE

Wednesday - Sunday evenings from
5:30pm onwards

**BHS MEMBERS RECEIVE 30%
OFF DINNER SERVICE

BRUNCH SERVICE

Sundays from 11am - 2pm

let's celebrate the summer!

SUNSET SALMON BBQ - SEPT 6TH 2018
\$32.00 ++ per person



LOOKING FOR THE PERFECT SPACE FOR YOUR NEXT EVENT?

INQUIRE WITH OUR CATERING TEAM FOR SPACES, RATES AND INFORMATION

604 224 3317 | WWW.BROCKHOUSERESTAURANT.COM | CATERING@BROCKHOUSERESTAURANT.COM

Christmas Craft Fair

Saturday, November 24 • 10am-3pm

JEWELLERY | BOOKS

SILENT AUCTION
& TREASURES

BAKED GOODS

RAFFLE | ART

GIFTS & GAMES

CRAFTS

WOODWORKING

FASHION
ACCESSORIES

HOLLY | MUSIC

FOOD &
REFRESHMENTS

**AMPLE LOCAL PARKING
FREE ADMISSION**



**BROCK
HOUSE**
Society

3875 Point Grey Road | BrockHouseSociety.com | 