

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

WHERE SENIORS STAY *Young.*



2018 SUMMER PROGRAMS & EVENTS



Painting of Brock House by Geoff Mynett

**BROCK
HOUSE**
Society

We aim to encourage and enable seniors to live fuller lives

REGISTER ONLINE



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



Celebrating 40 Years of Success

Wednesday, June 6

5:00-8:00 p.m.

Distinguished Guests

**Their Honours, the Honourable Janet Austin, OBC
Lieutenant Governor of British Columbia and
Mr. Ashley Chester**

**John Coupar, Liason, Vancouver Board of Parks & Recreation
and Heather Coupar**

Join us for an early evening of the good things in life:

Music, food and wonderful people

We plan to start with a sparkling toast to

Brock House Society's 40 years of success

The exceptional **Brock House Jazz Band** will be playing under the tent and we hope everyone will bring either their dancing shoes or chair dancing skills

Catered by our loyal partner of 40 years

The Brock House Restaurant

We'll get you started with a glass of wine and there'll be a no-host bar

After the reception, it's back to music (and dancing) with the outstanding

Brock House Big Band

(Did we mention that there will be door prizes?)

All this for \$15.00 per person, members and guests

Tickets available online and through the office

Brock House Society

Officers

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

Directors

Patricia Brady, Socials
 Peter Brock, Finance Committee
 Deborah Bush, Volunteer Services
 Brenda Clark, Performing Arts
 Adrian Gatrill, Property Management
 Tom Henry, Planning & Business Development
 Michael Le Bas, Marketing
 Jo Pleshakov, Governance and Membership
 Adrian Vasile, Information Systems
 Callie Wong, Programs
 BevAnn Lister Dean, Past President
 John Coupar, Park Board Commissioner

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

WELCOME TO SUMMER.....and something new.

Hello to every member I have not yet had the pleasure to meet! I am your new President, Peter Phillips. I have already introduced myself in The Gallimaufry, but this is my first address in the quarterly Programs and Events brochure. So again, hello and welcome to the Summer Program at BHS.

Spring is a time of change and renewal, and at Brock House Society this change is reflected in the list of Officers and Directors on the left of this page. Here are some highlights:

- ◆ We said "adieu" but not "goodbye" to BevAnn Lister Dean, who as President dedicated 2 years of service to the Society. She has graciously agreed to remain as editor of the Gallimaufry and to stay on in an advisory capacity in the position of Past President.
- ◆ We also say goodbye to Keith Service, Treasurer. He did a fantastic job caring for the Society finances.
- ◆ We said goodbye to Glenys Acland, who did such a superb job as Director of Programs. This portfolio has been taken over by Callie Wong.
- ◆ We also said farewell to Peter Scott, Volunteer Services and welcomed Deborah Bush in his place.
- ◆ Other newcomers include Peter Brock, Director of Finance and Adrian Vasile, Director of Information Services. Our dedicated staff will remain the same (thank goodness!) with Sophie up there on her perch in the attic supervising and keeping everything shipshape.

On to Summer events! What's coming up over the next 3 months?

One of the most immediate and anticipated events will be our revised **"Celebration of 40 years of Success" Anniversary Reception on June 6.** I am very pleased to announce that *Their Honours, the Honourable Janet Austin, Lieutenant Governor of British Columbia and Mr. Ashley Chester will be joining us.* Make sure you get your tickets for this very special occasion. Complimentary drinks, good food, music and door prizes all for \$15.00! The summer program includes a reprisal of Jo Pleshakov's slide presentation/lecture on the history of **Brock House, From Family Home to Heritage Landmark, 1912-2012;** a lecture on fashion by Ivan Sayers; and gardening tips with Amanda Jarrett.

Add to this some **classic movies** to keep you indoors and some planned **"out of house tours"** to take you out of doors.

There is also something different with this year's Summer Fair. For this year only, the regular Summer Fair will be replaced with a **Summer Market, to be held on Wednesday July 18th from 2.00-8.00 pm.** We will return to regular Summer Fair scheduling in 2019.

And don't forget to check for other exciting programs and events on the notice board, as more opportunities arise over the Summer months.

Oh, and by the way, feel free to give us feedback on how we're doing. This is how we can continue to deliver exciting programs and events to you in the near future. A more formal method of doing this will soon be in place.

PETER PHILLIPS

PRESIDENT, BROCK HOUSE SOCIETY

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. 1	8:45 - 9:45	Tai Chi 24 Form Pt. 2	8:45 - 9:45	Tai Chi Beginners	9:00-noon	Woodworkers	9:00 - 12:30	Artists' Group
9:00 - noon	Woodworkers	9:15 - 10:15	Zumba	9:35-10:50	Stretch & Strength	9:30-10:30	Yoga	9:30 - 10:30	Zumba
9:30 - 11:30	Yarns & Needlecrafts	10:15 - 11:15	Yoga	10:00-11:00	Pole Walkers	10:00	Cyclists	9:45 - 12:45	Table Tennis
9:35 - 10:50	Stretch & Strength	10:30 - 12:00	Planning Your Next Travel Trip July 10 & 17	10:00-11:30	Discussion Group			10:00 - 12:00	Legendary Performers Aug. 3-Aug. 24
10:30 - 12:00	History of Brock House with Jo Pleshakov June 25	11:30-12:30	Chair Yoga	10:00 - noon	Porcelain Painting			10:00 - 12:00	Writers' Circle
12:30-3:30	Table Tennis	1:00 - 3:00	Managing Hearing Loss July 17	10:00 - noon	Summer Birding Lecture July 4	12:15-3:30	Duplicate Bridge	10:15 - 11:15	Yoga
1:00 - 3:00	Play Reading	1:00 - 3:00	Chess	10:00-noon	Brock House Orchestra			12:30 - 3:30	Social Bridge
1:00 - 3:00	Computer Drop-In	1:30 - 3:30	Canasta	10:30-noon	Cryptic Crosswords Group	1:00 - 3:00	Chess	1:00 - 3:30	Award-Winning Summer Movies
		1:30 - 2:30	Osteofit	12:15 - 3:30	Mah Jong	1:00 - 3:00	Scrabble	1:30 - 2:30	Osteofit
				12:30 - 3:30	Table Tennis				
		1:00 - 3:00	Waisted Efforts with Ivan Sayers July 24						
2:00 - 3:30	Safety & Security with Constable Paul Hogan, NPO July 9	1:00-3:00	Gardening with Amanda Jarrett <i>Sue's Garden</i> July 17	5:00 - 8:00	Celebrate 40 Years of Success Event June 6	9:30-11:00	Brush Up Your Shakespeare: Christopher Gaze Lecture July 5	1:15 - 3:15	Book Club (last Friday of the month)
				1:45 - 3:15	Brock House Orchestra Summer Concert In the Marquee June 20	10:30 - 11:30	Brush Up Your Shakespeare: Great Courses DVD "As You Like It" Aug. 2	8:30 - 10:30	Pancake Breakfast Fundraiser July 27
				2:00 - 8:00	SUMMER CRAFT-MARKET July 18	5:30 to ?	Sunset Salmon BBQ at Brock House Restaurant July 12		
				1:00 - 3:00	Volunteer Recognition Event July 25	5:30 to ?	Sunset Seafood Special at Brock House Restaurant Sept. 6		

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Brock House Society Summer Closures

Please note that on **June 21** there will be NO cafeteria service and access to the House will be limited to the second floor only

Brock House will be closed July 2, August 6 and September 3

The cafeteria will close from August 27 to September 6, reopening on September 10
Coffee, tea and sweets will be available

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 June 12. 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 classes is **\$15.00** and must be paid prior to attending.

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**

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 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.

Convenors:

Dorothy Simons, Carol Jackson

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

BRAIN CHALLENGERS**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 Sun Room (west end).

Convenor: Maggie Sherlock

Wed. 10:30-noon

BRIDGE**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. Ongoing unless otherwise advised.**

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

SOCIAL

"Unserious bridge" - singles welcome. Ongoing unless otherwise advised.

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

COMPUTERS**COMPUTER DROP-IN**

These sessions are available for any member who wants assistance in using computers or 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, David Harding, Brian Luchak
Computer Room Mon. 1:00-3:00

FITNESS & HEALTH**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 ending 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.

FH101 Mon. June 25-Aug. 20
Tent 8:30-9:30
\$70/7 weeks

FH102 Wed. June 27-Aug. 22
Tent 8:30-9:30
\$90/9 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.

FH103 Tues. June 26-Aug. 21
Tent 1:30-2:30
\$90/9 weeks

FH104 Fri. June 29-Aug. 24
Tent 1:30-2:30
\$90/9 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.

FH105 Mon. June 25-Aug. 20
Tent 9:35-10:50
\$90/7 weeks

FH106 Wed. June 27-Aug. 22
Tent 9:35-10:50
\$115/9 weeks

FH107 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 and 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. June 26-Aug. 21
Begg Room 11:30-12:30
\$75/9 weeks

CYCLISTS

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

Convenor: **Thurs. Out of House**
Ian Cumming **10:00**

HIKERS

Any member 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.*

This summer there are two levels of hikes.

Level A-More Strenuous and Level B-Less Strenuous

- July 7 The Chief, *Josie*, 518-5763 Level A
- July 7 Jack's Trail, *Jane*, 264-1250 Level B
- July 14 Evans Lake, *Charles*, 604-224-6627 Level A & B
- July 21 Elk Mountain, *Mike D.*, 790-6853 Level A
Leave at 7:30 am
- July 21 Hastings/Lynn Loop, *Katie*, 738-8189 Level B
- July 28 Hollyburn, *Charles*, 224-6627 Level A & B
- Aug 4 Old Buck Trail to Van Picnic Area,
Margit, 224-6627 Level A & B
- Aug 11 Diez Vistas, *Mike D.*, 790-6853 Level A
Leave at 8:00 am
- Aug 11 Minnekhada, *Don*, 868-2353 Level B
- Aug 18 Elfin Lakes, *Tomina*, 736-1874 Level A & B
Leave at 7:30 am
- Aug 25 Mt. Baker, *Josie*, 518-5763 Level A
Leave at 7:00 am - Bring passport
- Aug 25 Blue Gentian Lake from Hollyburn, Level B
Margit, 224-6627

Convenors: **Sat., Out of House**
Margit Arthur, 604-224-6627
Jane McDonald, 604-264-1250

FH108 LAWN BOWLING LESSONS

Summer Camp for Novice Lawn Bowlers!

The weather is warm and the greens are ready! If you missed out on our "Introduction to Lawn Bowling" in April, the season can still be salvaged! For the first time, we are offering a Summer Camp for Novice Lawn Bowlers consisting of three lessons condensed into one week. At the end of that time you should be able to join most games, and there is additional free coaching if you feel you need it. The cost for these three lessons will be deducted from your HALF PRICE membership of \$60.00 when you join. Membership includes bowling seven days a week, use of equipment, access to the club house and many social activities. Come and join many of your fellow Brock House members in this addictive sport! Lessons are offered at the **West Point Grey Lawn Bowling Club, 4376 W 6th Ave.**

Monday, June 18, 10:30-12:30

Wednesday, June 20, 10:30-12:30

Saturday, June 23, 1:30-3:30

Club Contact: Cathleen Rowlette 604-263-4881

\$20.00/3 lessons

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**
10:00-11:00

TAI CHI CLASSES

FH109 - 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! New beginners are welcome to join this class - you will be able catch up to the group easily.

Instructor: **Kelly Maclean** **Wed. June 27-Aug. 22**
Conservatory **8:45-9:45**
\$90/9 weeks

FH110 - 24 Form Part 2

In this course we will get into the second half of the form.

Instructor: Kelly Maclean **Tues. June 26-Aug. 21**
Conservatory **8:45-9:45**
\$90/9 weeks

FH111 - 24 Form, Mirror Image & 48 Form Part 1

In this course, we will review both sides of the 24 Form, and will start from the beginning of the 48 Form. We will be able to progress through the first part of the form, as we get everyone onto the same page.

Instructor: Kelly Maclean **Mon. June 25-Aug. 20**
Conservatory **8:45-9:45**
\$70/7 weeks

FH112 - 24 & 48 Form Review

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.

Instructor: Kelly Maclean **Thurs. June 28-Aug. 23**
Conservatory **8:45-9:45**
\$90/9 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 provided by Innergy Corporate Yoga

FH113 Tues. June 26-Aug. 21 (90 minutes) **8:30-10:00**
Begg Room **\$125/9 weeks**

FH114 Tues. June 26-Aug. 21 **10:15-11:15**
Begg Room **\$85/9 weeks**

FH115 Thurs. June 28-Aug. 23 **9:30-10:30**
Begg Room **\$85/9 weeks**

FH116 Fri. June 29-Aug. 24 **9:00-10:00**
Begg Room **\$85/9 weeks**

FH117 Fri. June 29-Aug. 24 **10:15-11:15**
Begg Room **\$85/9 weeks**

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: Shadia Serrano

FH118 - Tues. June 26-Aug. 21 **9:15-10:15**
Tent **\$80/9 weeks**

FH119 - Fri. June 29-Aug. 24 **9:30-10:30**
Tent **\$80/9 weeks**

GAMES**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 Christine Albert and others for a lively game once a week.

Convenor: Christine Albert **Tues. 1:30-3:30**
Conservatory **Drop In**

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
Art Room **Wed. 12:15-3:30**
\$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**
Drop In

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.

Convenors: Doug Smith, Keith Bramwell

Activity Room Mon. & Wed. 12:30-3:30
Fri. 9:45-12:45

INTELLECTUAL PURSUITS

BRUSH UP YOUR SHAKESPEARE

Back for the third year, this popular program will entice you to further your Shakespearean experience by attending a lecture by Christopher Gaze, Bard's Artistic Director. See the Great Courses Lecture *As You Like It* by Professor Peter Saccio, and finish up with a trip to Bard's performance of *As You Like It* with Enjoy Tour and Travel.

Christopher Gaze Lecture
Thursday, July 5 **9:30-11:00**

Great Courses DVD Lecture
Thursday, August 2 **10:30-11:30**

Bard on the Beach *As You Like It*
Saturday, Sept. 15 **12:30-5:45**

\$129.00 per person, includes your ticket to the 1:00 performance, transportation from Brock House to Bard and return and a picnic lunch.

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*

- June 20 What can Canada do to combat plastic waste?
- June 27 The Trade War between the U.S. and China - what could be the outcome?
- July 4 What is a successful life?
- July 11 Is water going to be the new oil?
- July 18 HOT TOPIC
- July 25 Do we need national Pharmacare?
- Aug. 1 Does capitalism have a future?
- Aug. 8 Globalization: How is it affecting the economies of the world?
- Aug. 15 What is our value to society when we age?
- Aug. 22 HOT TOPIC
- Aug. 29 How will new technology change the education system?

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

IS101 GARDENING WITH AMANDA JARRETT

Amanda is a Certified Organic Land Care Professional and has her Red Seal in Horticulture. She has taught at Douglas College, Langara College, Burnaby School District and Gaia College. Her garden consulting company offers advice to home gardeners and businesses regarding landscape design, low-maintenance planting, troubleshooting and organic methods.

Summer Garden Care

Visit Sue's garden to learn about all the things you need to do to make your summer garden be the best it can be. Learn how to reduce your maintenance, identify plant problems and plants under stress. Lawn care, rose care, growing veggies as well as lots of other goodies will be discussed. The garden location will be provided when you register for this class.

Tuesday, July 17 **1:00-3:00**
\$30.00

Stay tuned for these programs from Amanda in the Fall Program:

Sept. 11 - Winter Gardening (Halpern Room)

Sept. 19 - Autumnal Containers (Marquee)

Oct. 25 - Houseplant Care & Issues (Halpern Room)

HISTORY OF BROCK HOUSE: FROM FAMILY HOME TO HERITAGE LANDMARK, 1912-2012

Jo Pleshakov reprises her slide presentation on the history of Brock House, a building that is now a Vancouver heritage landmark. The presentation draws on photographs and anecdotes collected for the illustrated history Jo edited for the celebration of the 100th anniversary of Brock House in 2012 and includes anecdotes and photographs not included in the book. *Jo Pleshakov is Director for Membership and Governance*

Monday, June 25**10:30-12:00****IS102 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.

Aug. 3 **Daniel Barenboim:** Conductor, pianist, provocateur.

Aug. 10 **Ira Gershwin:** George's lyricist and brother. Best friends and opposites in every way.

Aug. 17 **Marilyn Horne:** An unpretentious American diva with a glorious mezzo soprano voice.

Aug. 24 **Tony Bennett:** 93 and still going strong, singing the timeless standard classics.

Instructor: Neil Ritchie
Halpern Room

Fri. Aug. 3-Aug. 24
10:00-12:00
\$60/4 weeks

MANAGING HEARING LOSS

Learn about how hearing changes with age and various health conditions. Learn some tips for communication and managing hearing loss, and how to be a smart consumer of hearing aids and hearing aid technology.

Angela Ryall, Audiology Masters' Student, UBC
Sharon Adelman, Registered Audiologist, Clinical Assistant Professor, UBC

Pre-registration required.

Tuesday, July 17**Halpern Room****1:00-3:00****no charge****PLANNING YOUR NEXT TRAVEL TRIP: ADVICE FROM THE EXPERTS!**

Monday Travel Talks take a break in the summer, but here are two talks which will provide information for your future travels. **Kemi Wells** and **Nancy Darby** return to share their travel expertise. Summer attendance is unpredictable so **pre-registration is required for these free programs.** **Convenor: Jo Pleshakov**

Travel Ideas for Seniors

This presentation by *North South Travel* will cover various types of travel for seniors, from cruising to escorted small group touring to expedition travel around the world. There are many added benefits to working with a travel agency and these will be shared on the day so you can learn how to maximize the value of your future vacations. **Kemi Wells, Director of Corporate & Leisure Sales, North South Travel.**

Pre-registration required.

Tuesday, July 10**10:30-12:00****Halpern Room****Travel Protection**

Are you really covered, or are you likely to face crippling bills due to some oversight in the fine print of your medical or trip cancellation insurance? You don't want more than you need, but you want enough! Learn about the types of medical and trip cancellation policies available and their limitations from two travel insurance experts; the most common claims and how to avoid these; and some pre-travel safety precautions to ensure you leave on your trip with the utmost confidence.

Nancy Darby, Manulife Insurance and Kemi Wells, North South Travel.

Pre-registration required.

Tuesday, July 17**10:30-12:00****Halpern Room****SAFETY & SECURITY**

Knowledge is key to prevention! Join Constable Paul Hogan, Neighbourhood Police Office with the Kitsilano-Fairview Community Police Centre. He will discuss **personal safety, home security, crime on the Westside, and fraud.**

Pre-registration is required.

Cst. Paul Hogan, NPO
Halpern Room

Monday, July 9
2:00-3:30

IS103 SUMMER BIRDING

Join Naturalist Graham Sunderland for a series of bird walks that will take you from the North Shore Mountains to the Salish Sea shore. The goal is to introduce you to the rich variety of bird species that live in or visit the Lower Mainland in summer as well as offering an overview of their lifestyles and identification tips. The PowerPoint presentation on July 4 will introduce some of the species you will encounter as well as clarify the meeting places of the birding locations. So bring your binoculars and be prepared for some feathered fun!

Instructor: Graham Sunderland

Lecture: Wed. July 4

Halpern Room 10:00-12:00

Field Trips (Out of House): 9:00-12:00

Wed. July 11 - Cypress Provincial Park

Wed. July 18 - Burnaby Lake Provincial Park

Wed. Aug. 1 - Reifel Bird Sanctuary

Wed. Aug. 15 - Iona Island Regional Park

\$60.00/5 weeks

IS104 WAISTED EFFORTS

A History of Women's Clothing in the 20th Century

Mr. Sayers will trace the gradual emancipation of women from restrictive clothing and show the parallel to social, political and economic emancipation in the 20th century. The lecture will be illustrated with slides and original garments from the speaker's extensive collection of historic clothing.

Ivan Sayers is a fashion historian who has collected period costumes for over 50 years. His large and comprehensive private collection of historical clothing is the largest in Canada.

Instructor: Ivan Sayers

Tues. July 24

Halpern Room

1:00-3:00

\$30.00

MUSIC PROGRAMS**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

Don't miss the Brock House Orchestra's Summer Concert for members and guests! See page 14 for complete details.

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

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

WRITERS' CIRCLE

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

Convenor: Pat Ajello Fri. June 29-Aug. 31
Meyer Room 10:00-Noon

SUMMER MOVIES**AWARD WINNING MOVIES**

The movies selected for the Summer movies have all won awards. Join us on Friday afternoons from 1:00 - 3:30. Guests are welcome.

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

- July 6 Phantom of the Opera:** A young soprano becomes the obsession of a disfigured musical genius who lives beneath the Paris Opéra House. He kidnaps the soprano and forces the owners of the play to keep her as the lead role of the play.
- July 13 Finding Neverland:** The story of J.M. Barrie's friendship with a family who inspired him to create Peter Pan.
- July 20 Les Misérables:** In 19th-century France, Jean Valjean, who for decades has been hunted by the ruthless policeman Javert after breaking parole, agrees to care for a factory worker's daughter. The decision changes their lives forever.
- July 27 Titanic:** A seventeen-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic.
- Aug. 3 Avatar:** A paraplegic marine dispatched to the moon Pandora on a unique mission becomes torn between following his orders and protecting the world he feels is his home.

Aug. 10 Schindler's List: In German-occupied Poland during World War II, Oskar Schindler gradually becomes concerned for his Jewish workforce after witnessing their persecution by the Nazi Germans.

Aug. 17 Cider House Rules: A compassionate young man, raised in an orphanage and trained to be a doctor there, decides to leave to see the world.

FALL PROGRAM TEASERS**Red Herrings and Dead Ends**

The Esther Birney (Literary Arts) Series Committee is putting together several sessions on mystery/detective stories in the Fall. Mystery books are favourites of many. It would be great if members would share their best book or author by posting it on the Brock House website, with a sentence or two to entice others to read it. Your name can be included but is not required. Thanks, Esther Birney Committee.

How can you share your favourite book or author?

Once you have logged on to the website, click on the button that says **Members**, then choose **Forums** and scroll down to **Interest Groups**. Choose **Red Herrings and Dead Ends**. Start a **new thread** or comment on an existing one.

Music Therapy will be offered again in the Fall!

Did you know that music affects our brains like no other experience? Music can bypass injury? Stroke victims can regain speech, paralysis victims can regain movement. Music engages the whole brain - people with social or expressive limitations can open up and communicate through music. Music is processed and remembered like nothing else - those with Alzheimer's are able to sing and engage with music; music often brings back important memories. Music can change the brain - music encourages neuroplasticity, the ability of the brain to rewire.

SPECIAL EVENTS**CELEBRATING 40 YEARS OF SUCCESS**

Join us for an early evening of the good things in life: Music, food and wonderful people.

The exceptional **Brock House Jazz Band** will be playing under the tent and we hope everyone will bring either their dancing shoes or chair dancing skills. This event will be catered by our loyal partner of 40 years, The Brock House Restaurant. We'll get you started with a glass of wine and there'll be a no-host bar. After the reception, it's back to music (and dancing) with the outstanding **Brock House Big Band**.

(Did we mention that there will be door prizes?)
All this for \$15.00 per person, members and guests.

Tickets available online and through the office

Wednesday, June 6

5:00-8:00

See inside front cover for complete details.

SUMMER CONCERT**BROCK HOUSE ORCHESTRA**

Music Director: Jeffrey Tseng

You are invited to join the **Brock House Orchestra** in a concert to celebrate the arrival of Summer. You hear us rehearsing on Wednesday mornings, so this is a chance for us to show what we have practiced. Our conductor has prepared a program of classical and not so classical works so please join us for an hour of beautiful music.

Wednesday, June 20

1:45-3:15

Brock House Marquee (rain or shine!)

Free for Members and Guests

Pre-registration is advised

VOLUNTEER RECOGNITION EVENT

To **ALL** Brock House Society Volunteers

On July 25 we will be celebrating all of our volunteers' service to Brock House Society. Please mark this afternoon on your calendar. More information to come, watch the notice boards, the Gallimaufry and the Friday emails.

Wednesday, July 25

1:00-3:00

In the Marquee

PANCAKE BREAKFAST FUNDRAISER

Every summer Brock House Society hosts the **Joan and Dick Stace-Smith Pancake Breakfast**, a fundraiser that is open to members and to the general public. The savory smells of frying sausages and pancakes waft through the neighbourhood, drawing folks for the tastiest breakfast treat ever! Fresh fruit, special home-made jams and fruit sauces - all accompanied by hot coffee, tea or juice. Tickets may be purchased in advance - \$10 per person, with children under 12 paying half price. (Grandchildren are often in evidence!)

See page 17 for complete registration details.

Convenor: Peter Scott

Friday, July 27

8:30 - 10:30

SPECIAL OUT-OF-HOUSE EVENT**ORPHEUM THEATRE TOUR**

Take a free guided tour of Vancouver's historic Orpheum Theatre concert hall. See backstage and hidden places. Hear stories. Learn about the Orpheum's surprising history. The Orpheum was designed by Marcus Priteca and built in 1927. It has a mixture of Spanish Renaissance and hints of Morocco, the Taj Mahal, Moorish arches and British heraldry. It is a designated National Heritage site.

The tour begins at 11:00 a.m. and takes 1.5 hours. Please arrive at least 10 minutes ahead of time. The guided tour is hosted by the B.C. Entertainment Hall of Fame. Please note: the tour involves climbing stairs.

Reservations for this tour cannot be made until mid-June, so watch the notice boards, the Gallimaufry and the email updates for the date. We will lunch after the tour at a local restaurant.

Location: 601 Smithe St. at Seymour St.

Registration required, and will be accepted as soon as we have a confirmed date.

Convenor: Ivy O'Flynn

Date: TBA

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.

Mayne Island

Experience one of the most historic and beautiful Southern Gulf Islands, full of endless scenic vistas and a unique way of life. The trip includes a visit to the Georgina Point Park and lighthouse, Arbutus tree forest walk at Bennett Bay, Island galleries, Japanese memorial gardens, West Coast lunch at Groove Island Kitchen, and all ferry fees. Please note that there is an additional \$20 ferry fee for those who are under 65.

Wednesday, June 27**8:30-8:15 p.m.****\$149/members & guests****Hell's Gate + Othello Tunnels**

The Fraser Canyon is filled with natural scenic beauty highlighted by Hell's Gate and the Othello Tunnels, offering some of British Columbia's most beautiful landscapes. The tour includes the Hell's Gate Tram Ride, Lunch at Hell's Gate and a guided walk through the Othello Tunnels.

Monday, July 23 7:45 a.m.-6:00 p.m.**\$119/members & guests****Bard on the Beach - As You Like It**

Celebrating its 29th season in 2018, Bard on the Beach is Western Canada's largest not-for-profit, professional Shakespeare Festival. *As You Like It* is Shakespeare meets The Beatles, set in Vancouver with a Beatlemania twist! This joyful tribute to love, laughter and music features 20 classic Beatles songs performed by the cast. We have 12 seats only on this tour, which includes tickets to the show, a picnic table lunch by Emelle's and transportation to and from Brock House.

Saturday, Sept. 15**12:30 p.m.-5:45 p.m.****\$129/members & guests****OVERNIGHT TOURS**

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

Leavenworth - The Sound of Music

Travel to the festival town of Leavenworth, WA for a live theater performance of the *Sound of Music* under the stars at the stunning Ski Hill Amphitheater. This signature Leavenworth experience celebrates its 23rd season and is always a sell-out. This tour includes an authentic Bavarian dinner at King Ludwig's. Sightsee the quaint town of Cashmere, take a candy factory tour at Liberty Orchards and stop at the Alps specialty shop. **Valid passport or enhanced drivers license or Nexus pass or enhanced BCID required.**

August 22/23 (2 days, 1 night)**Pick up at Brock House Aug. 22****7:30 a.m.****Drop off at Brock House Aug. 23****9:45 p.m.****\$399/double, \$499/single****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**

WHAT'S IN A NAME: STORY OF A HERITAGE HOME**1906-1921: Thorley Park**

Philip Gilman, a successful mining engineer and land developer, purchased three waterfront lots between 1906 and 1909, and then in 1912 built his dream home, now known as Brock House. By 1921, Gilman was almost bankrupt and had to sell Thorley Park. In his declaration of title to the property, Gilman gives a hint into how Jericho got its name and why the centennial history of Brock House is titled "Thorley Park to Brock House":

*"Jerry Rogers pre-empted 20 acres at this spot ... and obtained a Crown Grant for same. The claim to our particular portion of this 20 acres runs **Crown to Jerry Rogers to his son Lincoln Rogers to Thorley to E.P. Gilman.**"*

Jeremiah (Jerry) Rogers' logging spread came to be known as Jerry's Cove, hence today's Jericho Beach. Some years after Rogers' death in 1879, Albert Thorley purchased the eastern portion of the former crown grant. By the 1890s, this portion had come to be known by Vancouver residents as Thorley Park. City directories for the period record Philip Gilman's address as either Thorley or Thorley Park, which at the time was part of the Municipality of Point Grey.

1922-1938: Brockholm

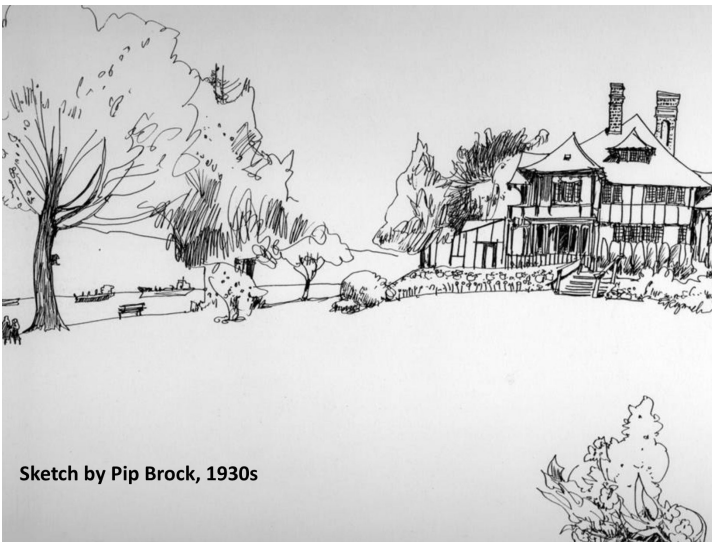
Mildred Brock purchased the property with money inherited from her father Judge Byron Britton, former Mayor and MP for Kingston and founder of the National Trust Company of Canada. The Brocks named their new home Brockholm, combining the family name with the Old English word "holm" for low-lying ground near water.

Mildred and her husband Dr. Reginald Brock, Dean of Applied Science at UBC, lived in the home until their tragic deaths in the crash of a small flying boat at Alta Lake in 1935.

1939-1952: Brock House

It's not known exactly when the property came to be named Brock House but by the time David Tait purchased it, it seems likely that Brockholm had become such an iconic landmark during the Brock years that it was simply referred to it as "the Brock House".

Gold brought the Tait family to Vancouver and Brockholm in 1939 ... but post-war economic conditions forced the family to sell in 1952. Theirs was the last family to live in Philip Gilman's dream home.



Join Jo on Monday, June 25 from 10:30 to noon when she gives a slide presentation on the History of Brock House: From Family Home to Heritage Landmark, 1912-2012.



PANCAKE BREAKFAST FUNDRAISER

FRIDAY, JULY 27

8:30 - 10:30

Every summer Brock House Society hosts the Pancake Breakfast, a fundraiser that is open to members and to the general public. The savory smells of frying sausages and pancakes waft through the neighbourhood, drawing folks for the tastiest breakfast treat ever! Fresh fruit, special homemade jams and fruit sauces - all accompanied by hot coffee, tea or juice.

Tickets may be purchased in advance - \$10 per person, with children under 12 paying half price. (Grandchildren are often in evidence!) Available on-line through the Brock House Society website, by phone through the Brock House Society office - 604-228-1461 or in person.

All ticket sales are final--NO refunds.

Convenor: Peter Scott

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!

Plan to attend two special Brock House Restaurant events this summer! Brock House Society members and their guests receive exclusive discount pricing.

Reservations begin at 5:30

Thursday, July 12 - Sunset Salmon BBQ

Members & Guest discount pricing \$32 per person

Thursday, September 6 - Sunset Seafood Special

Members & Guest discount pricing \$35 per person

Reservations are required, call 604-224-3317

OUR MISSION

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.

HOURS OF OPERATION

The House is open Monday to Friday, 8:00 to 4:00. The Office is open Monday to Friday, 9:00 to 3:45

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.

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 windshield to avoid ticketing and/or towing.

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 - 1:00. Coffee and snacks are available Monday to Thursday from 9:00 - 3:00 and on Fridays from 9:00 - 1:30.

The cafeteria closes for a summer break from **August 26 to September 6**, re-opening on **September 10** with hot lunches.

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.

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.

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 membership fee for the 2018 calendar year is \$60 (GST included).

You can become a member of the Society 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!

CONCERT

"We love the chef at lunchtime.
He is exceptional. So we come
down very often, as a couple
or two couples together."

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



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

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Exceptional West Coast Cuisine, Breathtaking Seaside Views

let's celebrate the summer!

Invite your family and friends to join us for our upcoming events.

Brock House Society Members & their guests receive exclusive discount pricing.

THURS, JULY 12TH, 2018 - SUNSET SALMON BBQ - **\$32.00 ++ PER PERSON**

THURS, SEPTEMBER 6TH, 2018 - SUNSET SEAFOOD SPECIAL - **\$35.00 ++ PER PERSON**



RESERVE YOUR SEAT NOW!

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

PHOTOS: STAN HOHNHOLZ



Summer Craft Market

Wednesday, July 18 • 2-8pm • 3875 Point Grey Road
FREE ADMISSION

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