



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

Where Seniors Stay *Young*

2019 WINTER PROGRAMS & EVENTS



Photos courtesy of Stan Hohnholz

**BROCK
HOUSE**
Society

We aim to encourage and enable seniors to live fuller lives

REGISTER ONLINE



Sketch by Pip Brock, 1930s

To register for our 2019 Winter programs go to www.brockhousesociety.com, visit or phone the office

BROCK HOUSE SOCIETY

ANNUAL GENERAL MEETING

Wednesday

March 20, 1:00 p.m.

In the Conservatory

Guest Speaker TBA

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

Brock House Society

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

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John Coupar

Administration

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Staff

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Winter Words

Hello again and welcome this time to our **Winter Program**. I would like to start by doing some word association.... for instance: *Cold and Comfort...along with...Nostalgia and Family Reunions*. Words that may have significance and deep personal connections for all of us.

For example: *Cold*, at this time of the year, indicates a dramatic change in seasonal conditions. Cooler temperatures, dressing warmer, low light and difficult conditions underfoot. *Comfort*: What we feel like when we have addressed the above discomforts with increased warmth - maybe an open fireplace, a hot chocolate and a good book to read. All of these help to soften our mood. Then there is *Nostalgia*, which is often reflected on at this time of the year, when maybe friends or family played a more significant role, especially around Christmas time. And *Reunions*, with the need to meet up with old friends and family members in order to revisit fond memories from the past.

These words come naturally to mind as you enter Brock House.

For instance the **immediate** warmth that you feel in the lobby as you approach our beautiful open fireplace, and the comfortable arm-chair seating in the Oak Room with a second fireplace. This setting more than addresses the cold/comfort equation. And then there are the spontaneous friendships that are so readily made at Brock House that become a substitute for absent family or old friends.

To add to this welcoming setting we also have some exciting new programs to offer you along with some old chestnuts.....*by an open fire!*

To start with, please renew your membership starting November 1, 2018 for the 2019 calendar year.

You will then be entitled to attend some exciting new programs such as: a lecture series on **Leadership and Women**; a 4-week **Oceanwise Series** presented by the Vancouver Aquarium. You'll be presented with the means to get rid of Christmas excesses with exercise classes, Zumba and **Line Dancing** (a new activity), along with the usual relaxing yoga. Some of the new lecture events include **Ivan Sayers** who is giving a 4-week presentation on **Women's Fashion** from the 18th Century to the present and **Orville Nickel** who is presenting **Constitutional Democracy and Policing**.

Among the old favourites, we have both **Nicolas Krusek** (Thursdays this term) and **Neil Ritchie** returning. Oh - and don't forget the **Robbie Burns Day** celebration on Thursday, January 24th, 2019!

Please remember to register for these events and avoid being disappointed.

So much to do and enjoy and bring you in from the cold, so do have a wonderful Winter Season at Brock House.

Peter Phillips

President, Brock House Society

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	Genealogy	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	10:00-11:30	Discussion Series	10:00-noon	Life Writing	10:00-11:00	Leadership & Women Series Jan. 11, Mar. 1 & Mar. 8
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-noon	Brock House Orchestra	10:30-12:00	Constitutional Democracy & Policing	10:00-12:00	Legendary Performers Jan. 18-Feb. 22
10:00-3:30	Billiards	10:15-11:15	Yoga	10:00-3:30	Billiards	11:15-12:15	Osteofit	10:00-3:30	Billiards
10:30-noon	Travel Series	10:30-11:30	Lecture Series	10:30-noon	Cryptic Crosswords Group	12:15-3:30	Duplicate Bridge	10:15-11:15	Yoga
11:15-12:15	Line Dancing	11:00-noon	Spanish Beginners	12:15-3:30	Mah Jong	1:00-3:00	Brock House Jazz Band	12:30-3:30	Social Bridge
11:15-12:45	Intermediate French	11:15-12:15	Osteofit	12:30-3:30	Table Tennis	1:00-3:00	Chess	1:00-3:30	Friday Movies
12:00-1:00	Lunch with TED	11:30-12:30	Chair Yoga	1:00-2:00	Oceanwise Lecture Series Feb. 13-Mar. 5	1:00-3:00	Scrabble	1:15-3:15	Book Club (last Friday of the month)
12:00-2:00	Absolute Beginners Bridge	12:00-1:00	Spanish Intermediate	1:00-2:00	Seniors Services Jan. 23 & Jan 30	1:00-3:00	Understanding Music Jan. 17-Feb. 28		
12:30-3:30	Table Tennis	12:30-2:30	Advanced Bridge	1:00-3:00	Brock House Chamber Players				
1:00-3:00	Play Reading	12:30-2:30	Art History Mar. 5-Apr. 9	1:00-3:00	Cryptic Crosswords for Beginners				
1:00-3:00	Computer Drop-In	1:00-3:00	Chess	1:00-3:00	Jane Kokan Lecture Series Jan 23-Feb. 27				
1:30-3:00	Advanced French	1:00-3:00	A History of Women's Fashion-Ivan Sayers Feb. 5-Feb. 26	1:30-4:00	Handbell Ringers (Out of House)				
1:30-3:15	The World of French Wines Jan. 28-Mar. 4	1:00-3:15	BH Choir (Out of House)	2:00-3:30	Seniors Services March 20				
1:30-3:30	Sing-a-Long	1:15-3:00	Philosophy Reading & Discussion Group						
2:05-3:35	Supervised Bridge Play	1:30-2:30	Toastmasters Speechcraft						
		1:30-3:30	Canasta						
1:45-3:15	March 11 St. Patrick's Day Event			1:00	March 20 Brock House Society Annual General Meeting	1:45-3:15	Jan. 24 Robbie Burns Celebration		
1:00-3:00	March 18 Doug Johnson Photography Lecture					1:30-3:00	March 7 The History of Douglas Park—Linda Hull		

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LOOK FOR THESE NEW PROGRAMS & ACTIVITIES

HW108 Line Dancing
Mondays, 11:15-12:15
January 14-March 18

IS102 Constitutional
Democracy and Policing
Thursdays, 10:30-12:00
January 31-March 14

IS104 A History of Women's Fashion
Tuesdays, 1:00-3:00
February 5-February 26

IS107 Toastmasters Speechcraft
Tuesdays, 1:30-2:30
January 22-March 12

And these special presentations:

Leadership & Women
Fridays, Jan. 11, Mar. 1 & March 8

Oceanwise Lecture Series
Wednesdays, February 13-March 6

The History of Douglas Park
Thursday, March 7

Plus
Social events and
Special Out-of-House tours and events

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 Thursday, January 3. Programs will be visible on the website at 9:00 a.m.

Registration for TOURS and ROBBIE BURNS will begin in the office on **November 19**. You **MUST** have your 2019 membership to register.

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.

2019 CLOSURE REMINDERS

Brock House will be closed on these dates:

Tuesday, January 1—New Year's Day

Monday, February 18—Family 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

Various mixed media projects will be explored in this series of classes. Please bring watercolour paper, watercolour paint or acrylic paint, brush, scissors and glue stick. Some materials will be provided.

Pre-registration required.

Convenor: Joan Ellis

**Thurs. Feb. 14-Mar. 21
9:30-11:30
No charge**

Art Room

AR101 MAGICAL MIXING of WATERCOLOURS

This term we will continue to explore the magical mixing of watercolours by using some of the same spattering techniques from the fall term to prepare for spring by painting new gardens coming to life with spring blossoms and newly formed buds. New students are welcome. All levels are welcome. A list of supplies will be given 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
Art Room**

**Mon. Jan. 14-Mar. 18
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 LEVEL 2**

You have taken the introductory course and you have been applying that knowledge to solving puzzles. Now you are ready to boost your skill in recognizing which type of clue you are trying to solve. We will be working together to sharpen your ability to crack open the clue. **Pre-registration required.**

Instructor: Maggie Sherlock
Wed. Feb. 6-Mar. 13
1:00-3:00
Meyer Room **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 **Mon. Jan. 14-Mar. 18**
Begg Room **12:00-2:00**
No Charge

BR101 ADVANCED

This course is designed to teach some basic tools to bid in a more competitive game that typically occurs in duplicate bridge. This will include takeout doubles, cue bid raises, balancing and sacrificing. Classes will involve a lesson followed by supervised play on lesson hands. Social bridge players will also

benefit from this class, though a knowledge of the basics of bridge will be expected of the players.

Instructor: Barry Yamanouchi **Tues. Jan. 15-Mar. 19**
Art Room **12:30-2:30**
No class March 5 **\$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. Jan. 15-Mar. 19**
Art Room **10:00-noon**
No class March 5 **\$90/9 weeks**

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

HARRISON HOT SPRINGS BRIDGE TOUR

We are once again getting ready to prepare for another successful Brock House Harrison Hot Springs Bridge Tournament. The dates for 2019 are April 23, 24 and 25. We were completely booked within a few days for the 2018 tour, so please put a reminder to check off these dates on your 2019 calendar. We will be providing more detailed information early in the new year.

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. Jan. 14-Mar. 18
Begg Room 2:05-3:35
No Charge

COMPUTERS**COMPUTER DROP-IN**

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

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

HEALTH & WELLNESS**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.**

HW101 Mon. Jan. 14—Mar. 18
Activity Room 8:30-9:30
\$90/9 weeks

HW102 Wed. Jan. 16-Mar. 20
Activity Room 8:30-9:30
\$100/10 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.*
HW103 Tues. Jan. 15-Mar. 19
Activity Room 11:15-12:15
\$100/10 weeks
HW104 Thurs. Jan. 17-Mar. 21
Activity Room 11:15-12:15
\$100/10 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.*
HW105 Mon. Jan. 14—Mar. 18
Activity Room 9:35-10:50
\$112/9 weeks
HW106 Wed. Jan. 16-Mar 20
Activity Room 9:35-10:50
\$125/10 weeks

HW107 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. Jan. 15-Mar. 19
Begg Room 11:30-12:30
\$80/10 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 9:00 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.*

- Jan 5 Everett Crowley Park and Fraser Foreshore,
Don and Elizabeth 868-2353
- Jan 12 LaFarge Lake, *Cathie 683-1083*
- Jan 19 Pacific Spirit Park -16th Ave to Deering Island
Grace 261-4498
- Jan 26 Jug Island and Admiralty Point, *TBA*
- Feb 2 Madrona Whytecliff, *Gordon 261-6674*
- Feb 9 Deer Lake, *Grace 261-4498*
- Feb 16 Derby Reach/Houston Loop,
John W 565-6294
- Feb 23 Fisherman's trail to mid-valley viewpoint,
Margit 224 6627
- Mar 2 Whyte Lake, *Katie 738-8189*
- Mar 9 Simon Fraser via Sidewinder Trail,
Charles 224 6627
- Mar 16 Pitt Lake Wildlife Area, *Jane 264-1250*
- Mar 23 Campbell Valley, *Jane 264-1250*
- Mar 30 DeBeck Hill/ 4 Lakes trail, *Tomina 736-1874*

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

HW108 LINE DANCING

Did you know that Line Dancing is an easy way to exercise the body and mind? It's a wonderful way to lose weight and meet new friends. You'll dance to great music in the most popular styles of dance, e.g. Cha Cha, Rumba, Tango, Mambo, Jive, Waltz and Salsa. No partner required. All ages and levels welcome. Drop-in \$8. Lisa is an enthusiastic and patient instructor. She has taught line dancing for over 10 years.

Instructor: Lisa Dong **Mon. Jan. 14-Mar. 18**
Activity Room **11:15-12:15**
\$65/9 weeks

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. Jan. 16-Mar. 20**
Conservatory **8:45-9:45**
\$100/10 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. Jan. 15-Mar. 19**
Conservatory **8:45-9:45**
\$100/10 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. Jan. 14-Mar. 18**
Conservatory **8:45-9:45**
\$90/9 weeks

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. Jan. 17- Mar. 21**
Conservatory **8:45-9:45**
\$100/10 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: Alyshia

HW113 Tues. Jan. 15-Mar. 19 (90 min.)	8:30-10:00
Begg Room	\$135/10 weeks
HW114 Tues. Jan. 15-Mar. 19	10:15-11:15
Begg Room	\$95/10 weeks
HW115 Thurs. Jan. 17-Mar. 21	9:30-10:30
Begg Room	\$95/10week
HW116 Fri. Jan. 18-Mar. 22	9:00-10:00
Begg Room	\$95/10 weeks
HW117 Fri. Jan. 18-Mar. 22	10:15-11:15
Begg Room	\$95/10 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: Asal Nikoopour

HW118 - Tues. Jan. 15-Mar. 19	9:15-10:15
Activity Room	\$85/10 weeks
HW119 - Fri. Jan. 18 -Mar. 22	9:30-10:30
Activity Room	\$85/10 weeks

INDOOR 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 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 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. **Please contact the office if you wish to speak to someone from the Table Tennis group.**

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

INTELLECTUAL PURSUITS

IS101 ART HISTORY: Beyond Painting: Art Nouveau, Art Deco, and the Modern Age

In the rapidly changing modern world of the early 20th century, new styles of art changed the fine art world, and beyond. This lecture series will explore the inspirations and artists of Art Nouveau and Art Deco, who brought new forms and ideas to painting, decorative and graphic arts and architecture, and brought modern designs off the canvas and into daily life. Rejecting Victorian art and design, and instead inspired by Japanese prints, nature, and the age of the machine, these styles were so much more than frivolous decoration. Come learn about these now beloved modern art and design styles, and their spread across Europe up until WWII.

Instructor: **Tues. Mar. 5-Apr. 9**
Jessa Alston-O'Conner **12:30-2:30**
Halpern Room **\$100.00/6 weeks**

IS102 CONSTITUTIONAL DEMOCRACY & POLICING

The police in democratic countries have powers that can result in serious injuries to citizens. The Constitution of Canada protects citizens from undue interference by government through the unnecessary application of force when police are called to a circumstance or disturbance. In this course we will explore the origins of the Canadian Constitution and apply the Charter principles of democratic freedoms to the concepts of police use of force. Physical force is authorized by law only in certain circumstances. These concepts will be explored and discussed to determine when use of force is appropriate.

Instructor: Orville Nickel **Thurs. Jan. 31-Mar. 14**
Halpern Room **10:30-12:00**
No class on Feb. 28 **\$80/6 weeks**

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*

- Jan. 9 When would you feel justified in breaking the law?
- Jan. 16 Are we really free—what does prevent total freedom?
- Jan. 23 HOT TOPIC
- Jan. 30 Is fine art and music relevant—do we need it or is it unnecessary?
- Feb. 6 Why is a sense of belonging so fundamental?
- Feb. 13 Should the courts treat “the consensus of scientists” as established facts?
- Feb. 20 Should extremism be banned?
- Feb. 27 HOT TOPIC
- Mar. 6 When voting, what qualities do you consider important in a candidate?
- Mar. 13 Is knowledge the path to wisdom?
- Mar. 20 Is all human action motivated by self interest?
- Mar. 27 Will we accept the costs of replacing plastic food containers and wraps?

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

IS103 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. This course is valuable for newcomers and for people who are already researching their history.

- Jan. 17 **Introduction**—The Basics of Genealogy Research
- Jan. 24 **Family Tree Software & Database Companies**
- Jan. 31 **Online/Offline Resources for Beginners**
- Feb. 7 **Specific Additional Resources**
- Feb. 14 **Family Tree Specifics & Brick Walls**
- Feb. 21 **Write A Family History & Self-Education**

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: **Thurs. Jan. 17-Feb. 21**
BC Genealogical Society **12:30-2:30**
Games Room **\$65/6 weeks**

IS104 A HISTORY OF WOMEN'S FASHION 18th Century to Present Day

Mr. Sayers will present an overview of women's fashion from the 18th Century to the present day. The lectures 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.

- Feb. 5 **1700-1836**
- Feb. 12 **1836-1900**
- Feb. 19 **1900-1939**
- Feb. 26 **1939-2000**

Instructor: Ivan Sayers **Tues. Feb. 5-Feb. 26**
Halpern Room **1:00-3:00**
\$80/4 weeks

THE HISTORY OF DOUGLAS PARK:

From Beaver Meadow to Park Land

Remarkably, the history of this popular, but often overlooked, park in the middle of Vancouver has links to pioneers and events which shaped our province and our nation. Bounded by Heather and Laurel Streets and 20th and 22nd Avenues, it has been described as an "oasis" and "breathing space" ever since the 1870s. Hear the surprising connection of Douglas Park to logging pioneer Wm. P. Mackie; the building of the C.P.R. railway and the land grants; early "land flipping"; James Z. Hall, B.C.'s first Notary Public; a Chinese-run market garden; and the sale of the four-square city blocks to what was then the Municipality of Point Grey in 1926 by Jessie Hall, James' widow, the first white child born in the Cariboo and daughter of Samuel Greer another pioneer of some notoriety.

Convenor: Linda Hull **Thurs. Mar. 7**
Halpern Room **1:30-3:30**
No charge

IS105 JANE KOKAN LECTURE SERIES

Each lecture will showcase unique themes, photos and videos the award-winning filmmaker and journalist captured on her travels to over 40 countries in the world.

- Jan. 23 **War Crimes**, Genocide and Crimes Against Humanity. Can the global community prevent, yet another, genocide in the making?
- Jan. 30 **Brexit**. What are its implications for the rest of the world? Why exactly is Britain leaving the European Union?
- Feb. 6 **NATO**: Keeping the Peace on this planet?
- Feb. 13 **Archaeology**—Pyramids in the Balkans?
- Feb. 20 **Nation building challenges?** Does the world need another 'mini-state' with no economic and geo-political prospects? Kosovo's sovereignty at stake?
- Feb. 27 **The Canadian North**. An eyewitness account: Rankin Inlet. Nunavut's second-largest community: challenges and opportunities.

Instructor: Jane Kokan **Wed. Jan. 23-Feb. 27**
Halpern Room **1:00-3:00**
\$105/6 weeks

LEADERSHIP AND WOMEN SERIES

Three distinguished female leaders will share their thoughts on leadership and the challenges and rewards as leaders in their respective field. **Pre-registration required for this series.**

- Fri. Jan. 11 Joyce Murray, *Member of Parliament*
- Fri. Mar. 1 Dr. Patricia Daly, *Chief Medical Health Officer & Vice President, Public Health at Vancouver Coastal Health*
- Fri. Mar. 8 Inspector Colleen Yee, *Vancouver Police Department*

Convenor: Callie Wong **10:00-11:00**
Halpern Room **No Charge**

LECTURE SERIES

Knowledgeable specialists lecture on diverse topics.

- Jan. 15 **The Remarkable History of the VanDusen Site, and the Role of the CPR:** *Told by Midge Oke with historic photographs from the Vancouver City Archives*
- Jan. 22 **Trinity Western: A Conflict of Rights:** *Hoi Kong, UBC Professor of Constitutional Law*
- Jan. 29 **Hummingbirds in your Garden, and Conservation beyond the Garden:** *Dr. Christine Bishop, Wildlife Research Scientist, Environment and Climate Change Canada. Adjunct Professor, Biology SFU and UBC*
- Feb. 5 **Building Waterslides: the Best Job in the World:** *Emily Colombo, White Water West*
- Feb. 12 **The Real Estate Foundation of British Columbia: What exactly is it? Assisting BC Communities Towards Sustainable Development:** *Jack Wong, Chief Executive Officer of the Foundation.*
- Feb. 19 **A Giant on Clay Feet. The Dutch East India Company in the 17th and 18th Centuries:** *Dr. Joost Schokkenbroek, Executive Director, Vancouver Maritime Museum*
- Feb. 26 **The Attack on Science is a Symptom. What is the Disease?** *Dr. Robert Woodham, professor emeritus and former head of Computer Science, UBC*
- Mar. 5 **Improving the Health, Safety and Well-Being of Women in Vancouver's Street-Based Sex Trade:** *Mebrat Beyene, Executive Director, Wish Drop-In Centre Society*

Mar. 12 **The Rise of Populism in Europe and the USA: A Return to the 1930's?** *Dr. Heidi Tworek, Assistant Professor in International History, UBC. Visiting Fellow, Center for History and Economics, Harvard University; Non-Resident Fellow, German Marshall Fund of the United States; Non-Resident Fellow, Canadian Global Affairs Institute*

Mar. 19 **Infectious Diseases: Past, Present and Future:** *Dr. Allison Mah (VGH) and Dr. William Connors (St. Pauls Hospital), UBC Division of Infectious Diseases, Department of Medicine*

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

IS106 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.

Jan. 18 **Porgy and Bess:** The masterpiece few people have seen.

Jan. 25 **Legends of the jazz saxophone:** A survey of the iconic masters of the most soulful jazz instrument.

Feb. 1 **Aretha Franklin:** A pioneer of soul music and her complex personal life.

Feb. 8 **Harry Warren:** One of the great songwriters of tin pan alley know for his Busby Berkley musicals and Glenn Miller hits.

Feb. 15 **Quincy Jones:** Producer, band-leader, soundtrack composer and trend setter.

Feb. 22 **Diana Krall/Bruno Mars:** The cool and the hot. A study in contrasts.

Instructor: Neil Ritchie **Fri. Jan. 18-Feb. 22**
Halpern Room **10:00-12:00**
\$90/6 weeks

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.*

Jan. 14 **Innovation – And you**
Where good ideas come from, *Steve Johnson*

Hackschooling made me happy, *Logan LaPlante*

Try something new for 30 days, *Matt Cutts*

Jan. 21 **Marijuana**

What commercialization is doing to cannabis, *Ben Cort*

A doctor's case for medical marijuana, *David Casarett*

Jan. 28 **Artificial Intelligence, Technology and You**
Technology that knows what you're feeling, *Poppy Crum*

A funny look at the unintended consequences of technology, *Chuck Nice*

How AI could compose a personalized soundtrack to your life, *Pierre Barreau*

Feb. 4 **Must love animals, especially dogs**

How the teddy bear taught us compassion, *Jon Mooallen*

Depressed dogs, cats with OCD – what animal madness means for humans, *Laurel Braitman*

Two poems about what dogs think (probably), *Billy Collins*

Feb. 11 **Language**

What makes a word real? *Anne Curzan*

How language shapes the way we think, *Lera Boroditsky*

Go ahead, make up new words, *Erin McKean*

Feb. 25 **Shame & its cost**

The price of shame, *Monica Lewinsky*

When online shaming goes too far, *Jon Ronson*

March 4 **Discover Brain Power**

How we can use light to see deep inside our bodies and brains, *May Lou Jepson*

A headset that reads your brainwaves, *Tan Le*

How to control someone else's arm with your brain, *Greg Gage*

Mar 11 **The great political divide**

Can a divided America heal, *Jonathan Haidt & Chris Anderson*

How our friendship survives our opposing politics, *Caitlan Quattromani & Lauran Arledge*

Convenors: Christine Chou, Lyz Sayer

Halpern Room

Mon. 12:00-1:00

OCEANWISE LECTURE SERIES

This lecture series will explore how all facets of modern society affect, and are affected by, climate change and our oceans. It will concentrate on significant, but under-reported aspects of sustainability and climate change and demonstrate that, not only is it important that we tackle human-induced mental changes, but that it is vital that we do so in the most effective way we can. It will take into

account the social, cultural, political and biological factors that influence the worlds' ecosystems, and the complex interactions between these factors, using science and evidence-based studies as our guide.

Registration is required for this series.

Convenor: Callie Wong
Halpern Room
Wed. Feb. 13-Mar. 6
1:00-2:00
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

PHOTOGRAPHY LECTURE

"Where should the eyes be looking?"

Join Brock House member and professional photographer Doug Johnson. His lecture will cover almost 50 years in photography....fashion, advertising, sports, and some personal photos covering travel, and family. There will be time after the lecture for questions.

Instructor: Doug Johnson
Halpern Room

Monday, Mar. 18
1:00-3:00
No charge

SENIORS ' SERVICES SERIES

The Program Committee is pleased to offer several lectures by people who are professionals in their fields. The format allows plenty of time for questions from the audience. **Registration is required for this series.**

Jan. 23 Cooking for One—Rosalie Lung

Healthy eating plays a big part in healthy aging. Registered Dietician Rosalie from Vancouver Coastal Health's 'Healthy Living Program' will share some simple, healthy eating ideas with us, as well as some easy, healthy and fun recipes.

Jan. 30 E-COMM 911—9-1-1 is your connection to police, fire and ambulance. Find out WHEN to call 9-1-1, and what steps to take once you have help on the line. E-Comm provides emergency communication services in Metro Vancouver and 25 other regional districts across B.C. E-Comm is the largest 9-1-1 centre in British Columbia and is responsible for 92 per cent of the province's 9-1-1 call volume. An E-Comm representative will fill you in on the whole procedure. Don't miss this!

Mar. 20 Progressive Portfolio Construction
Marley Snow, FMA, CIWM, CIM TD Bank

The economy is in a position unlike any other time in history. Find out how the landscape has changed and the smart technology you can use to adapt your investment strategy. The discussion will be around portfolio protection strategies using new and innovative alternative ideas. (This presentation runs from 2:00-3:00)

Convenor: Callie Wong
Halpern Room

IS107 TOASTMASTERS SPEECHCRAFT

The purpose of this workshop is to teach participants, in a friendly and supportive way, how to reduce their fear of public speaking. You will learn and practice the dos and don'ts of impromptu speaking, preparing and giving an easy formal speech (usually about yourself) and learning how to evaluate other speakers in the process. Also, you will have the opportunity to rant on anything your concerned about. You will find this experience both fun and helpful in your everyday life.

Instructor: Bob Nakovics
Halpern Room
Tues. Jan. 22-Mar. 12
1:30-2:30
\$80/8 weeks

TRAVEL SERIES

Photographers share their travel experiences

Jan. 14 Fascinating Sable Island, NS: Wild Horses
and Sand Dunes. *Helen Smith*

Jan. 21 Highlights from a 20-day Guided Tour of China, *John Gadsby*

Jan. 28 Mid-Pacific Meanderings: The Marquesas Islands, *Rob Allan*

Feb. 04 New Mexico & Colorado, *Neil le Nobel*

Feb. 11 Gabon: My Work with Dr. Albert Schweitzer in Lambarene, *Erik Rasmussen*

Feb. 18 BC Day—Brock House Closed

Feb. 25 Bangkok to Paris: 11 Months by Bicycle,
Chris Oram and Margo Mactaggart

- Mar. 04 Amalienborg Palace and Nyhavn Canal
Boat Tour, Denmark, *Rose Taylor*
- Mar. 11 Peru: Exploring Incan & pre-Incan Civiliza-
tions, *Graham Baldwin*
- Mar. 18 South Africa's Wild Coast, *Wendy Royal*
Convenor: Jo Pleshakov **Mon. 10:30-noon**
Halpern Room

IS108 UNDERSTANDING MUSIC

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

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

Nicolas Krusek is a professional musician, conduc-
tor 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 **Thurs. Jan. 17-Feb. 28**
Halpern Room **1:00-3:00**
(no class Jan. 24) **\$90.00/6 weeks**

IS109 The WORLD OF FRENCH WINES

The French are known for their joie de vivre. Join us
as we take you across this fabulously remarkable
country of wine excellence. From the sparkling
hillsides of Champagne to the Southern borders of
the Languedoc. In between, we retrace the steps of
Roman legions into Burgundy and the Rhone. Yet,
we recognize the superlative quality of Bordeaux
wines and the romance of the Loire.

Instructor: Dr. Clinton Lee **Mon. Jan. 28-Mar. 4**
Halpern Room **1:30-3:15**
\$105.00/5 weeks

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 clas-
ses are focused and instructive, energetic and fun.

LG101 Beginners

Learn our second official language in a class for
complete beginners. The emphasis is on conversa-
tion 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 pro-
nunciation. The class is dynamic and interactive!

Begg Room **Mon. Jan. 14-Mar. 18**
9:30-11:00
\$105/9 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 mate-
rials 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 reason-
able knowledge of the past and future tenses.

Begg Room **Mon. Jan. 14-Mar. 18**
11:15-12:45
\$105/9 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 ad-
vanced 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.

Games Room **Mon. Jan. 14-Mar. 18**
1:30-3:00
\$105/9 weeks

SPANISH CONVERSATION

Basic conversation and pronunciation in an infor-
mal setting. Excellent experience for those plan-
ning to travel to Mexico and South America. **Pre-
registration is required for these classes.**

Instructor: Carlos Rabago **Tues. Jan. 22-Feb. 26**
Level 1-Beginners **11:00-Noon**
Level 2-Intermediate **Noon-1:00**
Games Room **6 weeks**
No Charge

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 conductor Grace Lau 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

Mon. 9:30-Noon

Jeong Hur

Wed. 1:30-4:00**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/Begg Room****Mon. 1:30-3:00**

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. Dinners are scheduled approximately 6 - 8 times per year, with breaks during the summer months and Christmas/New Year season. 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 through the office 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 through the office BEFORE the first class, as the class has limited enrollment.

Convenor: Inge Andreen **Thurs. Jan. 17-Mar. 21**
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. Jan. 16-Mar. 6**
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. Jan. 18-Mar. 22**
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

Jan. 11 Viceroy's House: The final Viceroy of India, Lord Mountbatten, is tasked with overseeing the transition of British India to independence, but meets with conflict as different sides clash in the face of monumental change.

Jan. 18 Indian Horse: Follows the life of Canadian First Nations boy, Saul Indian Horse, as he survives residential school and life amongst the racism of the 1970s. A talented hockey player, Saul must find his own path as he battles stereotypes and alcoholism.

Jan. 25 Unfinished Song: Grumpy pensioner Arthur honors his recently deceased wife's passion for performing by joining the unconventional local choir to which she used to belong, a process that helps him build bridges with his estranged son, James.

Feb. 1 Mountains May Depart (Subtitles): The life of Tao, and those close to her, is explored in three different time periods: 1999, 2014, and 2025.

Feb. 8 Tinker Tailor Soldier Spy: In the bleak days of the Cold War, espionage veteran George Smiley is forced from semi-retirement to uncover a Soviet Agent within MI6.

Feb. 15 Meditation Park: An aging woman questions her life after suspecting her husband is having an affair.

Feb. 22 Shine: Pianist David Helfgott, driven by his father and teachers, has a breakdown. Years later he returns to the piano, to popular if not critical acclaim.

Mar. 1 Trumbo: In 1947, Dalton Trumbo was Hollywood's top screenwriter, until he and other artists were jailed and blacklisted for their political beliefs.

Mar. 8 Pride: U.K. gay activists work to help miners during their lengthy strike of the National Union of Mineworkers in the summer of 1984.

Mar. 15 Spotlight: The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core.

Mar. 22 Loving Vincent: In a story depicted in oil painted animation, a young man comes to the last hometown of painter Vincent van Gogh to deliver the troubled artist's final letter and ends up investigating his final days there.

Mar. 29 Finding Your Feet: On the eve of retirement a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.

SOCIALS & EVENTS

ROBBIE BURNS CELEBRATION

One of Brock House Society's favorite events! Dr. Edward Mornin will once again entertain us with his reading and the bagpipes, Peter Scott will give the address to the haggis and Michael Viens from *BlackThorn Productions* will entertain.

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

Conservatory Thursday, January 24
1:45-3:15
Members \$17/Guests: \$20.00

Save the Date for the

ST. PATRICK'S DAY SOCIAL EVENT

The details are still being worked out - watch the Gallimaufry newsletter and the notice boards for more information!

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

Purchase online or through the Brock House Society office.

Conservatory Monday, March 11
1:45-3:15
Members \$17/Guests: \$20.00

SPECIAL OUT of HOUSE EVENTS

CHINESE NEW YEAR CELEBRATION

Come celebrate Chinese New Year with other members/guests at Dynasty Seafood Restaurant, 777 West Broadway. Free underground parking - please let restaurant staff know your parking stall number. Reservation under: Brock House. **Pre-registration is required.** Participants to pay (cash) individually on the day. Estimated cost around \$25 per person, depending on what we order.

Limit: 10 people.

Register by January 25 Wednesday, Jan. 30
Convenor: Callie Wong 10:00 a.m. -11:30 a.m.

Vancouver Aquarium

A sanctuary in the heart of Stanley Park, the Vancouver Aquarium, an Ocean Wise® initiative, is home to thousands of incredible ocean species and amazing aquatic life. Enjoy a casual tour and have lunch at the aquarium.

Weather permitting.

Pre-registration required. Admission fee to be paid individually at the Aquarium entrance. Convenor will contact registrants prior to the day of the tour.

Limit: 6 members

Register by February 1

Convenor: Callie Wong

Friday, Feb. 8

11:00-3:00

VALENTINE'S DAY PROGRAM

The Brock House Big Band will be playing a special Valentine's Day program at the Kerrisdale Community Centre (5851 West Boulevard). The music will flow for an hour—swing, dance, sway to the melodies—with your sweetheart, a friend or solo! In the moments between melodies, Douglas Abel will read poems of the heart. The program is no charge. **Transportation is not provided.**

Kerrisdale CC Centre Thursday, Feb. 14
1:30—2:30

Vancouver Opera performance of La Boheme

We have 10 seats reserved for the matinee performance of **La Boheme** at the Queen Elizabeth Theatre at 2:00 on February 24. **Tickets are \$73 per person**, members & guests. Seats are on the balcony level. **Transportation is not included.** Tickets may be purchased **through the office beginning November 18.** You **MUST** have your 2019 membership in order to purchase tickets.

Please note that we **MUST** sell all 10 seats by January 31, 2019 or we forfeit the discount price.

Register by January 31

Sunday, Feb. 24
2:00 p.m.

\$73/members & guests

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.

Seattle Art Museum (SAM) - Peacock in the Desert

The Seattle Art Museum is proud to present a new Exhibition: "Peacock in the Desert: The Royal Arts of Jodhpur, India". Imagine yourself in the luxurious royal spaces of India's historic courtly life. Resplendent with brilliant paintings, lavishly made ceremonial objects, finely crafted arms and armor and sumptuous jewels. The tour includes transportation to and from Seattle, admission to the exhibit, guided tour, dinner at the Outback Steakhouse.

Thursday, Jan. 17

7:45 a.m.-9:00 p.m.

\$129/members & Guests

COME FROM AWAY—The Musical

This New York Times Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Winner of 5 Tony Awards. Newsweek cheers "It takes you to a place you never want to leave!" This tour plays to sold-out houses everywhere—get your tickets early! The tour includes bus transportation, ticket to the evening performance, escorted seating, dinner at the Café Calabria.

Tuesday, Mar. 5

4:45 p.m.-10:45 p.m.

\$169/members & Guests

Fraser River Discovery Tour

Discover the Mighty Fraser and see the working river at its finest! 2.5-hour voyage up to the Douglas Island Wildlife Preserve as well as to the mouth of the Pitt River. Get your cameras ready for this narrated educational tour! The cost of this tour includes Paddlewheeler River Boat tour, Discover the Fraser Lunch Cruise, Fraser River Discovery Centre and free time at the New Westminster Quay Public Market.

Wednesday, Mar. 27

8:45 a.m.-4:30 p.m.

\$149/members & guests

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!

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 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 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 didn't
expect to
bring Bella
with me."*

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SUNDAY, DECEMBER 16TH AND 23RD - HOLIDAY BRUNCH BUFFET \$48.00 ++ PER PERSON

MONDAY, DECEMBER 24TH - CHRISTMAS EVE BUFFET \$58.00 ++ PER PERSON



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Help celebrate the 260th Birthday
Of Scotland's best loved poet

ROBBIE BURNS

Thursday, January 24, 2019

1:45pm—3:15pm

There will be a taste of haggis, sweets and
savouries, tea, coffee and more!

Entertainment:

Edward Mornin will Pipe in the Haggis
Peter Scott will give the Address to the Haggis
Enjoy music from members of the Blackthorn Band!

**Gentlemen - this is a good opportunity to wear your
tam-o'-shanter !**

Ticket prices: Members: \$17.00, Guests: \$20.00

Purchase tickets online through the Brock House Society
website OR through the office