

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

Where Seniors Stay *Young*

2020 WINTER PROGRAMS & EVENTS



Brock House Exterior & Oak Room
Courtesy of Stan Hohnholz



**BROCK
HOUSE**
Society

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

REGISTER ONLINE

Socials, tickets and tours available now.
Class registration begins on Friday, January 3.



To register for our 2020 Winter programs go to www.brockhousesociety.com, visit or phone the office at 604-228-1461

**BROCK
HOUSE**
Society

ANNUAL GENERAL MEETING

Wednesday, March 25th, 2020
@ 1:00pm
In the Conservatory



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

Brock House Society

Officers

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

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Patricia Brady, *Events/Socials*
Brenda Clark, *Performing Arts*
Melodie Corrigan, *Governance*
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Planning & Business Development
Joanne Haramia, *Programs*
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Valerie Lynn, *Volunteer Services*
Jo Pleshakov, *Membership*

Park Board Commissioner

Tricia Barker

Administration

Joanne Enns, *Administrator*

Staff

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

Contact Us

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President's Message

As we start to wind down the old year and look forward to what the New Year has in store for us, it is a time to reflect on the hopes, challenges and changes that we experienced in 2019.

At the end of 2018 and the beginning of 2019, we were presented with the challenge of replacing 2 paid staff members with 15 years experience each with 2 new candidates that could readily adapt to the demands of working in a complex non-profit environment. We met this challenge when we hired Yolanda as the Administrative Assistant and then Joanne as the Administrator. I am happy to say they have both exceeded our expectations. They, along with Lee and Nebojsa (maintenance/event set-up) and our many dedicated volunteers, deliver an exceptional level of service to you the Membership.

2019 was also a challenging year for the Board of Directors. Some of the director positions were vacant for extended periods resulting in increased workloads for the remaining directors. And as we look ahead to next year, some long serving directors have indicated a desire to step down. These will be big shoes to fill.

So, this end of year review is also an appeal to any of you, the Membership, who feel it is time to give back and make a contribution to the Society by participating as a volunteer or as a potential Director on the Board. In doing so you will be contributing to a worthy cause and helping to support and maintain Brock House Society as a leader in the development of senior activities, health awareness and social integration in the West Side Community. Thank you.

As usual, we have a wide array of programs and events that are designed to occupy your winter hours in the warm and welcoming environment of our house. We are excited to let you know we are extending the hours on Tuesdays to 6:00pm in the Winter Term to include more exciting programs. May I draw your attention to these intriguing paid programs: **Dance Movement, Prompt Your Muse, Yoga, Woodworking Introductory Course and Whisky & Cigars.** Don't get too excited, no smoking allowed—just sniffing.

Please note if you have any comments for me, you can now drop them off in the "Feedback Cabin" conveniently located in the lobby.

Peter Phillips

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

A WEEK AT A GLANCE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
8:30 - 9:30	HW101 Balance, Posture & Strength	8:15 - 9:45	HW114 Yoga (90 min) Tuesday	8:30 - 9:30	HW102 Balance, Posture & Strength	8:45 - 9:45	HW112 Tai Chi Level 4 - 24 & 48 Form	8:30 - 9:30	HW116 Yoga Friday	
8:30 - 9:30	HW113 Yoga Monday	8:45 - 9:45	HW114 Tai Chi Level 3 - 24 Form & Mirror Image	8:45 - 9:45	HW109 Tai Chi Level 1 - 24 Form for Beginners	9:00 - 10:00	HW117 Yoga-Restorative Yin	9:00 - 12:00	Artists' Group	
8:45 - 9:45	HW110 Tai Chi Level 2 - 24 Form Part 2	9:00 - 3:45	Workshop	9:00 - 3:45	Workshop	9:00 - 10:45	Suk Fen's Music	9:00 - 3:45	Workshop	
9:00 - 12:00	Woodworkers	9:30 - 10:15	HW120 Zumba Gold Chair	9:35 - 10:50	HW105 Stretch & Strength	9:00 - 11:00	AR101 Calligraphy	9:30 - 10:30	HW119 Zumba Gold	
9:30 - 11:30	Yarns & Needle Crafts			10:00 - 11:00	Alternative Healing	9:00 - 11:00	LG104 Italian - Beginners	9:45 - 10:45	HW118 Yoga-Restorative Yin	
9:45 - 11:15	LG101 French - Beginners	10:00 - 12:00	BR103 Intermediate Bridge	10:00 - 11:00	Pole Walkers (Out of House)	9:00 - 12:00	Woodworkers	10:00-12:00	Writers' Circle	
9:30 - 11:30	AR102 Magical Mixing of Watercolour	10:00 - 3:30	Billiards	10:00 - 11:30	Discussion Series	9:30 - 11:15	Book Club #2 (2nd Thurs-day of the month)	10:00-12:00	IP105 Strong Women in Literature	
9:30 - 12:00	Handbells (Out of House)	10:30 - 11:30	Tuesday Lecture Series	10:00 - 12:00	WR102 Write From the Heart	10:00 - 12:00	Life Writing	10:00-12:00	BH Big Band (Out of House)	
9:35 - 10:50	HW104Stretch & Strength	10:30 - 12:00	BH Big Band (Out of House)	10:00 - 12:00	Porcelain Painters	10:00 - 3:30	Billiards	10:00-12:00	Men's Group (2nd Friday of the month)	
10:00 - 3:30	Billiards	11:00 - 12:00	Spanish - Beginners	10:00 - 12:00	Brock House Orchestra	10:30 - 11:45	Esther Bimey Literary Series	10:00 - 3:30	Billiards	
10:30 - 12:00	Travel Series	11:30 - 12:30	HW106 Chair Yoga	10:00 - 3:30	Billiards	11:15 - 12:15	HW103 Osteofit	10:45 - 12:45	Table Tennis	
11:30-1:00	LG102 French - Intermediate	12:00 - 1:00	Indigenous Studies Part 2	10:30 - 12:00	Cryptic Crosswords Group	12:00 - 3:30	Duplicate Bridge	12:30 - 3:30	Social Bridge	
11:30 - 12:45	HW107 Line Dancing	12:00 - 1:00	Spanish - Intermediate	12:00 - 2:00	BR101 Absolute Beginners Bridge	12:00 - 3:45	Workshop	1:00 - 3:30	Friday Movies	
12:00 - 1:00	Lunch with TED	12:30 - 2:30	IP101 & IP102 Art History	12:15 - 3:30	Mah Jong	1:00 - 3:00	Brock House Jazz Band	1:15 - 3:15	Book Club #1 (last Friday of the month)	
12:00 - 3:45	Workshop	12:30 - 2:30	BR101 Advanced Bridge	12:30 - 3:30	Table Tennis	1:00 - 3:00	Chess			
12:30-2:30	Doodle Art & Beyond	1:00 - 3:00	Chess	1:00 - 3:00	BH Chamber Players	1:00 - 3:00	IP104 Legendary Performers			
1:00 - 3:00	Play Reading	1:00 - 3:00	BH Kerrisdale Choir (Out of House)	1:30 - 3:30	Seniors' Services Series Part 2: Presentations	1:00 - 3:00	Scrabble			
1:00 - 3:00	Computer Drop-In	1:15 - 3:00	PhilosophyDiscussion Group	1:30 - 4:00	Handbells (Out of House)	1:00 - 3:00	IP103 Great Composers from Beethoven to Schumann			
1:00 - 3:30	Table Tennis	1:30 - 3:30	Canasta	2:05 - 3:35	BR104 Supervised Bridge Play					
1:15 - 3:15	Death Café (3rd Monday of the month except Feb.)	1:00 - 2:00	MS101 Ukulele Lessons - Beginners							
1:30 - 3:00	LG103 French - Advanced	2:15 - 3:00	MS102 Ukulele Lessons - Advanced Beginners							
1:30 - 3:00	Sing-A-Long	3:00 - 5:30 After-hours	Random Indoor Games							
		3:30 - 5:30 After-hours	WR101 Prompting Your Muse							
		3:45 - 4:45 After-hours	HW108 Dance Movement							
		4:00 - 5:30 After-hours	IP106 Whiskey & Cigars							
		4:00 - 6:00 After-hours	WW101 Woodworking Introductory Course							
		4:30 - 5:30 After-hours	HW115 Yoga Tuesday After-hours							
		4:30 - 6:00 After-hours	Essential Oils - An Introduction							
SPECIAL EVENTS and TOURS										
		3:30 - 5:30 After-hours	(Jan. 28) New Members' Reception	8:00am - 9:00pm	(Jan. 15) Tour: Seattle Art Museum - Flesh & Blood	9:00am - 4:00pm	(Feb. 13) Tour: Tea & Trumpets	1:00 - 3:00	(Jan. 17) BH Folk Singing Group	
		1:45 - 3:15	(Mar. 3) HPA Event: Daddio & the Gran Koolios			1:30 - 3:15	(Mar. 26) Mardi Gras	9:00am - 4:00pm	(Mar. 27) Tour: Fraser River Discovery Tour	
			Harrison Hot Springs Bridge Tour Tuesday, April 28 - Thursday, April 30							

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NEW New class After-hours between 3:00-6:00pm
 * In-house practices and/or out-of-house performances

REGISTRATION INFORMATION

How to Register

There are 3 easy ways:

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

Note: *You may register for one other member only.*

When to Register

- Registration FOR ALL CLASSES commences **Friday, January 3**. Programs will be visible on the website at 9:00am.
- Registration for TOURS, TICKETS and SOCIALS is available now.
- Fees for classes and events include GST.

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

CANCELLATION POLICY

- A **\$10.00 processing fee** will be charged for any cancellations.
- There will be **no refunds** for cancellations made three business days prior to the beginning of a **course or activity** or as otherwise noted. There will be **no refunds** after a **class has started**.
- There will be **no refunds** for cancellations made five business days prior to the date of any **tours**, unless otherwise noted.

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

Refunds for **CANCELLED** Classes or Activities

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

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

DROP-IN POLICY

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

NEW IN WINTER 2020

Brock House will be open until 6:00pm on Tuesdays in the Winter 2020 term.
Be sure to look for exciting classes offered
 **"After-Hours" starting at 3:00pm.**

WINTER 2020 CLOSURES

Brock House will be closed on these dates:

- **Mon. Dec. 23 to Wed. Jan. 1**
— Christmas Holidays
- **Mon. Feb. 17** — Family Day

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

SPECIAL EVENTS AT A GLANCE

- **Thurs. Jan. 16:**
Brock House/Kerrisdale Choir Concert
- **Thurs. Jan. 23:**
Robbie Burns Day
- **Tues. Jan. 28:**
New Members' Reception
- **Tues. Mar. 3:**
Halpern Performing Arts Event:
Daddio and the Gran Koolios
- **Thurs. Mar. 26:**
Mardi Gras Event
- **Tues. Apr. 28 to Thurs. Apr. 30:**
Harrison Hot Springs Bridge Tour

ARTS & CRAFTS

Artists' Group ————— **FREE**

All are welcome to visit and participate in any medium; in deference to those with chemical sensitivities, we avoid using art supplies that have strong chemical smells. No teacher, but advice, encouragement and friendship for beginners and the experienced.

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

Doodle Art and Beyond ————— **FREE**

We do much more than "doodle" in these classes. Collage, mixed media and watercolour are explored. Please bring watercolour paper, watercolour paint, acrylic paint, brushes, scissors and a glue stick to the first class. Some materials will be provided. All levels are welcome. **The class is free but registration required. Limit of 10.**

Convenor: Joan Ellis				
Day	Dates	Time	Weeks	Location
Mon.	Jan. 13 - Feb. 10	12:30-2:30	5 weeks	Art Room



Needle Crafts ————— **FREE**

Members of this group knit, crochet and stitch handcrafted projects to sell at the Brock House Summer and Christmas Fairs. Within the group,

members share their expertise and enjoy the companionship of working together to support Brock House. We are always happy to welcome new members of all levels—including novices—who craft items using yarns, fibres or fabrics in any way, such as sewing, quilting, embroidery, weaving, etc.

Convenors: Dorothy Simons and Carol Jackson

Day	Time	Location
Mon.	9:30-11:30	Meyer Room
No Meeting: Feb. 17 (Holiday - Family Day)		

Porcelain Painting ————— **FREE**

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

Convenor: Merva Cottle

Day	Time	Location
Wed.	10:00 - 12:00	Art Room

PAID COURSES

AR101 Calligraphy —————

Come join us for a relaxed morning refining your calligraphic skills. We will focus on reviewing basic lettering skills and making use of calligraphy to enhance and enrich our daily communications (e.g., cards, greetings, envelopes, etc.). This is an intermediate level class—knowledge of basic calligraphy is required. Please bring basic supplies and paper. Supplies and materials are not included in the cost. **Limit of 12.**

Instructor: Cheryl Tasaka

Day	Dates	Time	\$	Location
Thurs.	Jan. 16 - Mar. 19	9:00-11:00	\$100/ 10 weeks	Art Room

AR102 Magical Mixing of Watercolour —

We will continue to explore the magical nature of watercolour using wet in wet, wet on dry and splatter techniques. This term we will focus on landscapes, cottages and gardens and possibly some night scenes. All levels are welcome. A list of supplies will be given upon registration but bring whatever you have to the first class. **Limit of 12.**

Instructor: Jennifer Burrows				
Day	Dates	Time	\$	Location
Mon.	Jan. 13 - Mar. 16	9:30-11:30	\$90/ 9 weeks	Art Room
No Class: Feb. 17 (Holiday - Family Day)				

BRAIN CHALLENGERS

Cryptic Crosswords Group — FREE

Do you enjoy solving cryptic crosswords but sometimes struggle with the clues? This group may be what you're looking for. We usually bring a favourite clue of the week or a clue that has proven difficult to parse... based on the theory that two or more heads are better than one. After that, we hand out copies of cryptic crosswords which we work on individually—then share our experience on how to approach the tougher clues. It's an opportunity to improve your skills by observing and learning from other lovers of cryptic crosswords.

Convenor: Chris Spencer. For further information contact Hugh Lindsay, 604-732-0366		
Day	Time	Location
Wed.	10:30 - 12:00	Sun Room (off the west end of the Conservatory)

BRIDGE

Duplicate Bridge —

Sign-up available from 10:45am. No seating after 12:00pm. Maximum number of tables: 17. **You must bring a partner. On-going unless otherwise advised.**

Convenors: Sue Girling and Margaretta Shirkoff		
Day	Time	Location
Thurs.	12:00 - 3:30	Art/Begg/Games Room
\$1/session		

Harrison Hot Springs Bridge Tour —

SAVE THE DATE! We are once again preparing for the annual Harrison Hot Springs Brock House Bridge Tour. The dates for 2020 are April 28, 29, 30. This is a very popular tour, so please note these dates on your 2020 calendar. We will be providing more detailed information early in the new year. This annual event is an enjoyable three days of duplicate and Chicago bridge, prizes, fine dining, and use of hotel amenities. **Limit of 82.**

Instructor: Ed L'Heureux	
Dates	Location
Tues. Apr. 28 - Thurs. Apr. 30	Harrison Hot Springs
Price: \$505 for singles and \$365 for doubles.	

Social Bridge — FREE

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

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

PAID COURSES

BR101 Absolute Beginners Bridge —

This class is for people who have never played bridge before. We will cover opening and responding to bids of 1 no trump (including the Stayman Convention) and 1 of a suit. There will be practice hands for each lesson. Required for this class: "*Bidding in the 21st Century*" (ACBL series), available online at amazon.ca or chapters.ca. **Limit of 16.**

Instructor: Glenda Affleck				
Day	Dates	Time	\$	Location
Wed.	Jan. 15 - Mar. 11	12:00-2:00	\$70/ 9 weeks	Games Room

BR102 Advanced Bridge —

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

Instructor: Brian Stone				
Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Feb. 18	12:30-2:30	\$60/ 6 weeks	Art Room



BR103 Intermediate Bridge

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

Instructor: Brian Stone				
Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Feb. 18	10:00-12:00	\$60/ 6 weeks	Art Room

BR104 Supervised Bridge 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. **Limit of 16.**

Instructor: Glenda Affleck				
Day	Dates	Time	\$	Location
Wed.	Jan. 15 - Mar. 11	2:05-3:35	\$55/ 9 weeks	Games Room

COMPUTERS

Computer Drop-In ————— **FREE**

Available to any member who wants assistance using computers, tablets or cell phones, or who

needs help with certain programs. You must know how to use a computer or your device. Members can use the computers on their own or with help when needed. Volunteers will discuss problems and offer advice on computer topics as required. The lab has laptop computers with Windows 10 operating system and high speed Internet access.

Convenors: John Dent, David Harding, Brian Luchak

Day	Time	Location
Mon.	1:00-3:00	Computer Room
No Session: Feb. 17 (Holiday - Family Day)		

HEALTH & WELLNESS

Alternative Healing: ————— **FREE** What's Up with that?

Have you ever wondered about alternative healing, what it is and how it could possibly benefit you? This class is designed to give you some basic information on several different alternative healing modalities. You will get to experience a bit of each discipline, and come away with an awareness of basic energy work. The class is free but registration required. **Limit of 10.**

Instructor: Vera Enshaw				
Day	Dates	Time	Duration	Location
Wed.	Jan. 15 - Feb. 12	10:00-11:00	5 weeks	Meyer Room
Date	Description			
Jan. 15	We will discuss our personal energy in general, how it can be influenced by different healing modalities and why we might want to experience something a little bit different.			
Jan. 22	Reiki is a powerful use of energy. Find out what Reiki is and what is involved in learning to give a Reiki treatment.			
Jan. 29	What is PEMF? Guest lecturer Kathie Scott discusses Pulsed Electro-Magnetic Field therapy.			
Feb. 5	Sound healing uses many tools, from simple vocals to quartz crystal toning bowls. Today you will get to experience a quartz crystal toning bowl and feel the resonance that emanates from it.			
Feb. 12	Essential oils/aromatherapy have become extremely popular. What's up with that?			

Essential Oils - An Introduction

Essential oils are everywhere these days, and the sheer volume and selection can be overwhelming. In this fun-filled 4-week course, you will find out what the fuss is, why some oils cost less than others, and receive some hands-on experience in using them.

Aroma Alert: due to the aroma-filled nature of this course, people with extreme scent allergies should not register.

The class is free but registration required.

Limit of 8.

In order to cover the cost of supplies there will be a **\$15 charge per person**, payable to the instructor at the first class.

Instructor: Vera Enshaw				
Day	Dates	Time	Duration	Location
Tues.	Jan. 21 - Feb. 11	4:30-6:00 <i>After-hours</i>	4 weeks	Meyer Room
Date	Description			
Jan. 21	The basics - discover essential oils: where they come from, why and when you would use them.			
Jan. 28	Ramp it up - the exotic oils. What are they, and why would you use them?			
Feb. 4	What's in this blend? Find out about blends - why use pre-blended oils, learn to create your own simple blend.			
Feb. 11	This week we will make our own blends, and then make a personalized essential oil product: massage oil, bath bomb, smelling salts or bath salts.			

Hikers FREE

Any member of Brock House Society who is used to hiking is welcome to join our group. Please phone the coordinators or the hike leader before participating. Have appropriate footwear and bring your lunch, including sufficient fluids. Hikers participate at their own risk and will be asked to sign a waiver. Dogs are not permitted. **All Winter 2020 hikes meet at 8:45am and leave at 9:00am sharp unless otherwise noted. All hikes leave from 10th Ave. and Larch (to arrange for carpools).** Hikes are subject to change due to weather or trail condition. Please look for changes on the Friday email updates or visit the Brock House website.

Convenors: Margit Arthur, 604-224-6627
Jane McDonald, 604-264-1250

Day	Time	Location
Sat.	8:45am	Out of House
Date	Hiking Trail & Contact	
Jan. 4	Burnaby Lake, <i>Katie 604-738-8189</i>	
Jan. 11	Everett Crowley Park, <i>Elizabeth 604-683-3203</i>	
Jan. 18	Wreck Beach, <i>Jane 604-264-1250</i>	
Jan. 25	La Farge Lake, <i>Cathie 604-683-1083</i>	
Feb. 1	A) Deer Lake, <i>Joanne 604-433-1044</i> B) Snowshoe Cypress Bowl, <i>Tomina 604-736-1874</i>	
Feb. 8	Boundary Bay, <i>John W. 604-565-6284</i>	
Feb. 15	Madrona Whytecliff, <i>Dorothy G. 604-736-2327</i>	
Feb. 22	A) Buntzen Lake, <i>Renate 604-739-7680</i> B) Snowshoe Cypress Bowl, <i>Tomina 604-736-1874</i>	
Feb. 29	Minnekhada, <i>Don 604-868-2353</i>	
Mar. 7	Belcarra Sasamat, <i>Margit 604-224-6627</i>	
Mar. 14	Pitt Polder, <i>Jane 604-264-1250</i>	
Mar. 21	Simon Fraser via Sidewinder, <i>Charles 604-224-6627</i>	
Mar. 28	Campbell Valley, <i>Jan H 604-224-5145</i>	

Pole Walkers FREE

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

Convenor: Mona Kriss

Day	Time	Location
Wed.	10:00-11:00	Out of House

PAID COURSES

HW101 & HW102 Balance, Posture & Strength

This is a moderate/challenging 60-minute class. Class begins with a low-impact cardiovascular segment, followed by exercises to improve balance, strength, posture, and body alignment, and ends with stretching. Activities feature a variety of apparatus such as balls, weights, tubing, bean bags and more. Folks who are at high risk for falls are not recommended to take this class. If in doubt, please contact the instructor through the office for more information. Limit of 12.

HW101 Balance, Posture & Strength (Mon)

Instructor: Provided by Love Your Age Fitness Inc.

Day	Dates	Time	\$	Location
Mon.	Jan. 13 - Mar. 9	8:30-9:30	\$80/ 8 weeks	Activity Room

No Class: Feb. 17 (Holiday - Family Day)

HW102 Balance, Posture & Strength (Wed)

Day	Dates	Time	\$	Location
Wed.	Jan. 15 - Mar. 11	8:30-9:30	\$90/ 9 weeks	Activity Room

HW103 Osteofit

Osteofit is designed and run by BC Women's Hospital for individuals with osteoporosis, low bone density or who are at risk of falls and fractures. This is an easy exercise class suitable for new exercisers or those returning from illness or injury. Anyone with mobility challenges, including those using mobility aids (walkers/canes), are welcome. **Limit of 12.**

HW103 Osteofit Thursdays

Instructor: Provided by Love Your Age Fitness Inc.

Day	Dates	Time	\$	Location
Thurs.	Jan. 16 - Mar. 19	11:15-12:15	\$100/ 10 weeks	Activity Room

HW104 & 105 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 Muves' balance work, and exercises for strength, agility, stability, and stretching/mobility. The last part of the class is all seated and may include posture/body alignment, stretching, visualization, and deep relaxation. We'll use a variety of apparatus, such as balls, weights, tubing, bean bags and more. This class is suitable for all levels, including those with some mobility and balance restraints wishing to safely challenge themselves. **Limit of 12.**

HW104 Stretch & Strength Mondays

Instructor: Provided by Love Your Age Fitness Inc.

Day	Dates	Time	\$	Location
Mon.	Jan. 13 - Mar. 9	9:35-10:50	\$92/ 8 weeks	Activity Room

No Class: Feb. 17 (Holiday - Family Day)

HW105 Stretch & Strength Wednesdays

Day	Dates	Time	\$	Location
Wed.	Jan. 15 - Mar. 11	9:35-10:50	\$104/ 9 weeks	Activity Room

HW106 Chair Yoga - Intermediate

Expanding on what you already learned in previous Chair Yoga classes, continue to improve your strength, balance, concentration and flexibility. In this intermediate class, you will continue to explore the benefits of Chair Yoga and challenge yourself to the next level in a safe and fun environment! **Limit of 16.**

Instructor: Erica Levy

Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Mar. 17	11:30-12:30	\$80/ 10 weeks	Begg Room

HW107 Line Dancing

Line Dancing is an easy way to exercise the body and mind. It's a wonderful way to lose weight and meet new friends. You'll dance to great music in the most popular styles of dance, e.g., Cha Cha, Rumba, Tango, Mambo, Jive, Waltz and Salsa. No partner required. All ages and levels are welcome but prior experience with previous courses recommended. If you would like to try line dancing but have no prior experience, consider joining the new HW108 Dance Movement class. **Limit of 14.**

Instructor: Lisa Dong

Day	Dates	Time	\$	Location
Mon.	Jan. 13 - Mar. 16	11:30-12:45	\$75/ 9 weeks	Activity Room

No Class: Feb. 17 (Holiday - Family Day)

HW108 Dance Movement

Are you looking to add some gentle activity and music to your day? This class offers a simple way to build your confidence through easy line dancing moves. You'll learn basic dance patterns, matching your movements to beats of music. No spinning or twirling required—just gentle, low impact movement in a fun, supportive environment. Beginners of all ages and abilities welcome. **Limit of 14.**

Instructor: Lisa Dong

Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Mar. 17	3:45-4:45 <i>After-hours</i>	\$80/ 10 weeks	Activity Room



HW109, HW110, HW111 & HW112 Tai Chi

HW109 Level 1 - 24 Form for Beginners

Tai Chi is a gentle form of exercise, a martial art, and a moving meditation, based on the principle of the interplay of Yin and Yang. Slow and graceful movements improve balance, coordination and well-being. Emphasis on proper alignment promotes Qi flow through the body, and sustained concentration makes it an excellent exercise for the mind as well! This course is suitable for beginners and those who are happy to continue to review the 24 Form from the beginning. **Limit of 12.**

Instructor: Kelly Maclean

Day	Dates	Time	\$	Location
Wed.	Jan. 22 - Mar. 18	8:45-9:45	\$80/ 9 weeks	Conservatory

HW110 Level 2 - 24 Form Part 2

In this course we will continue to work on the 24 Form. **Limit of 12.**

Day	Dates	Time	\$	Location
Mon.	Jan. 20 - Mar. 16	8:45-9:45	\$75/ 8 weeks	Conservatory

No Class: Feb. 17 (Holiday - Family Day)

HW111 Level 3 - 24 Form & Mirror Image

In this course, we will continue to review the 24 Form and the mirror image. **Limit of 12.**

Day	Dates	Time	\$	Location
Tues.	Jan. 21 - Mar. 17	8:45-9:45	\$80/ 9 weeks	Conservatory

HW112 Level 4 - 24 & 48 Form

In this class, we generally go through the 24 Form, plus the mirror image, and then review the entire 48 Form a couple of times. **Limit of 12.**

Day	Dates	Time	\$	Location
Thurs.	Jan. 23 - Mar. 19	8:45-9:45	\$80/ 9 weeks	Conservatory

HW113, HW114, HW115 & HW116 Yoga

Practicing yoga reduces stress and pain and is effective in maintaining good physical and mental health, including increased energy, strength and mobility to name a few. This seniors' yoga program is basic-level hatha classes, including full modifications for almost every pose. All levels are welcome. Everyone can work at their level and pace. Props are provided and used when necessary: chairs, wall, yoga straps, blocks, etc. Please bring your own yoga mat. **Limit of 12.**

HW113 Yoga Mondays (60min)

Instructor: Julia

Day	Dates	Time	\$	Location
Mon.	Jan. 13 - Mar. 16	8:30-9:30	\$75/ 9 weeks	Begg Room

No class: Feb. 17 (Holiday - Family Day)

HW114 Yoga Tuesdays (90min)

Instructor: Alyshia

Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Mar. 17	8:15-9:45	\$130/ 10 weeks	Begg Room

HW115 Yoga Tuesdays (60min)

Instructor: Kiana

Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Mar. 17	4:30-5:30 <i>After-hours</i>	\$85/ 10 weeks	Begg Room

HW116 Yoga Fridays (60min)

Instructor: Alyshia

Day	Dates	Time	\$	Location
Fri.	Jan. 17 - Mar. 20	8:30-9:30	\$85/ 10 weeks	Begg Room

HW117 & HW118 Restorative/Yin Yoga

Rejuvenate your body with a blended sequence of yin and restorative yoga. Begin with deep stretches designed to target the deep connective tissues, increase flexibility and open the meridians of the body. Then a relaxing restorative sequence will softly unfold your body with the support of props (provided) to ensure complete relaxation into the postures. Both forms of practice calm the mind and nervous system, enable you to turn inward, and focus on the breath. Come away feeling relaxed, rejuvenated and restored. **Limit of 12.**

HW117 Restorative/Yin Yoga Thursdays

Instructor: Julia				
Day	Dates	Time	\$	Location
Thurs.	Jan. 16 - Mar. 19	9:00-10:00	\$85/ 10 weeks	Begg Room

HW118 Restorative/Yin Yoga Fridays

Instructor: Alyshia				
Day	Dates	Time	\$	Location
Fri.	Jan. 17 - Mar. 20	9:45-10:45	\$85/ 10 weeks	Begg Room

HW119 Zumba Gold

Zumba Gold® is perfect for active older adults who are looking for a lower-intensity workout. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. **Limit of 12 per class.**

Instructor: Asal Nikoopour				
Day	Dates	Time	\$	Location
Fri.	Jan. 17 - Mar. 20	9:30-10:30	\$85/ 10 weeks	Activity Room

HW120 Zumba Gold Chair

Zumba Gold® Chair classes are specifically designed for people with limited mobility, people with balance issues, and anyone who wants a great seated workout. Get a serious core, arm and brain workout – all without any standing movements. Be prepared to sweat, laugh, and leave with a smile on your face. Each class is 45 minutes long. **Limit of 12.**

Instructor: Asal Nikoopour				
Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Mar. 17	9:30-10:15	\$65/ 10 weeks	Activity Room

INDOOR GAMES

Billiards FREE

Key in office.

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

Canasta FREE

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 '50s and '60s. Join the group for a lively game once a week.

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

Chess FREE

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

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

Mah Jong

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

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

Puzzle Exchange Cupboard NEW FREE

An initiative from a member. A cupboard is dedicated in the office for members to take a puzzle home to do and bring back for someone else to enjoy once you are finished with it. Please ensure all puzzles brought in or exchanged contain all the pieces.

Day	Time	Location
Mon. - Fri.	9:00-3:45	Office

Random Indoor Games NEW FREE

Please join other members for sessions of random indoor games. You can bring your own or play one available from our indoor games cupboard.

Day	Dates	Time	Location
Tues.	Jan. 14 - Mar. 17	3:00-5:30 <i>After-hours</i>	Art Room



Scrabble ————— **FREE**

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

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

Table Tennis ————— **FREE**

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

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

INTELLECTUAL PURSUITS

There are many lecture series that are free for members. There is no registration required for these series/groups unless specified.

Please note that the Halpern Room has a maximum capacity of 65 people and the Begg Room has a maximum capacity of 55 people due to fire code, so please come early to get a seat. You will NOT be seated if maximum number has been reached.

Discussion Series ————— **FREE**

Come and join the Brock House Discussion Group. New members are welcome. Members suggest topics that are often first introduced by a presenter and then opened to all for discussion. The discussions are thought-provoking, stimulating, educational, challenging and fun!

Convenor: Ingrid Hanslo

Day	Time	Location
Wed.	10:00-11:30	Halpern Room
Date	Description	
Jan. 8	Is globalization making the world smaller or larger?	
Jan. 15	HOT TOPIC	
Jan. 22	Is medicine's ever-increasing focus on longevity bad for society?	
Jan. 29	Is climate change denial just an aspect of general science denial?	
Feb. 5	What do people owe to society, and what does society owe to people?	
Feb. 12	HOT TOPIC	
Feb. 19	Should Canada stop recognizing dual citizenship?	
Feb. 26	Is the current rise of ultra-right politics reminiscent of the rise of the Nazis?	
Mar. 4	What can we do to protect people in war zones?	
Mar. 11	HOT TOPIC	
Mar. 18	Is it even possible to provide truly affordable housing in Greater Vancouver?	
Mar. 25	What is the value of music to our lives?	

Esther Birney Literary Arts Series — **FREE**

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

Convenor: Glenys Acland

Day	Time	Location
Thurs.	10:30-11:45	Halpern Room
Date	Title & Description	
Jan. 16	Riding the Continent with Trevor Marc Hughes. Journalist and actor Trevor Marc Hughes will give an illustrated talk on British Columbia's first environmentalist, <i>Hamilton Mack Laing</i> . "Laing's tale explores the beauty of North America's bird life, describes the sights, scenery and people he encountered, and takes us along for the ride on a 1915 Harley-Davidson he names <i>Barking Betsy</i> ." — TMH	

Esther Birney Literary Arts Series Cont'd	
Date	Title & Description
Jan. 23 (start time at 9:30am)	Sexual Politics in Thomas Hardy's <i>"Far From the Madding Crowd."</i> Presented by <i>Dr. John LeBlanc, Professor Emeriti English & Cultural Studies, UBC Okanagan.</i> This presentation includes the showing of the film <i>"Far From the Madding Crowd"</i> (2015) based on Thomas Hardy's book with the same title (1874). This is Hardy's fourth novel and his first major literary success. The novel is set in rural southwest England. It deals in themes of love, honour and betrayal, against a backdrop of the seemingly idyllic, but often harsh, realities of a farming community in Victorian England.
Jan. 30	NO LECTURE - ROOM UNAVAILABLE
Feb. 6	Critical Information Literacy: Engaging citizens in reflective practices in the information age with <i>Dr. Debbie Schachter.</i> Dr. Debbie Schachter is the University Librarian at Capilano University and is an adjunct faculty member with the UBC iSchool and sessional faculty at the Langara Library Technician program. Dr. Schachter has recently completed her Doctor of Education with the University of Edinburgh on the topic of critical information literacy.
Feb. 13	Spelling Humanity with the Animal Alphabet: An Animal Studies Approach to <i>King Lear</i> with <i>Dr. Katherine Sirluck.</i> This talk will review the emerging field of scholarship in Animal Studies, especially those critical studies pertaining to Early Modern English culture. With <i>King Lear</i> as our focal point, we will consider how this approach offers new templates for understanding both the historical period and its theatrical productions. Dr. Sirluck teaches Renaissance literature and drama in the Department of English at UBC.
Feb. 20	An Angel at my Table - Part I with <i>Elisabeth Caton, BA, MA.</i> Jane Campion's highly acclaimed and award-winning movie about the life of NZ writer, <i>Janet Frame</i> , based on her three autobiographies, published in the early 1980s, will be shown in two parts. Part 1, <i>To the Is-land</i> , depicts Frame's childhood of poverty and neglect, her early

Esther Birney Literary Arts Series Cont'd	
Date	Title & Description
	interest in writing, and her life and her family's in rural New Zealand.
Feb. 27	NO LECTURE - ROOM UNAVAILABLE
Mar. 5	An Angel at my Table and the Envoy from Mirror City - Parts II & III with <i>Elisabeth Caton.</i> Shown together, these parts are a little over 1 1/2 hours long, and very intense. Part II covers Frame's misdiagnosis of schizophrenia and her 8 years of incarceration in a mental hospital in the 50s, when shock treatment was widely used. Part III deals with her adult life as a writer.
Mar. 12	The Right to Write: Whose Story Is It & Who Can Write It? With <i>Esmeralda Cabral.</i> Writing non-fiction presents unique challenges for a writer. Whether we write memoir, personal essay or even journalistic pieces, we must consider the impact our stories will have on the people we write about. Tanya Talaga, writer and journalist, has said "Don't be a story taker." What does this mean and how can we apply it to our own writing? Esmeralda Cabral is a graduate of the Writer's Studio at SFU and the MFA program at the University of King's College in Halifax.
Mar. 19	Lost & Found: Letters and the Reassembling of a Jewish Community in the former East Germany with <i>Dr. Sharon Meen, BA, MA, PHD.</i> Manfred Rosengarten, a Jewish schoolboy who had fled Thamar, Germany, for Shanghai in 1939 wrote letters, many decades later, to his former non-Jewish schoolmates. This talk will describe the amazing journey of the current residents of Thamar and the descendants of the former Jewish families. Dr. Meen taught Canadian and German history at both UBC and SFU and is a bilingual volunteer for the Vancouver Holocaust Education Centre.

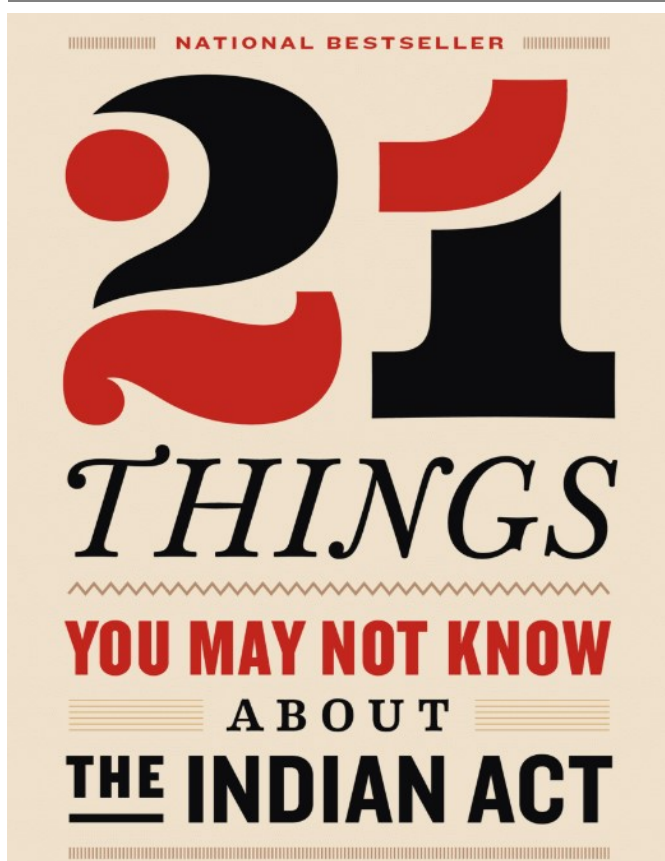


Indigenous Studies Part 2 ————— **FREE**

We will continue with Part 2 of the book *21 Things You May Not Know About The Indian Act* by Bob Joseph; Dismantling the Indian Act. We will also discuss the Truth and Reconciliation of Canada's Calls to Action and the *United Nations Declaration on the Rights of Indigenous Peoples* - if time allows. The book comes highly recommended by several Indigenous groups and leaders as well as Shelagh Rogers. Please come to group discussions with the book (cost is \$20 and it is widely available), prepared to discuss agreed upon sections. **Pre-registration required, priority will be given to participants who are returning. Limit of 15.**

Convenor: Henriette Orth

Day	Dates	Time	Duration	Location
Tues.	Jan. 14 - Mar. 17	12:00-1:00	10 weeks	Meyer Room



Lunch with TED ————— **FREE**

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

Convenors: Lyz Sayer and Vera Morgan

Day	Time	Location
Mon.	12:00 - 1:00	Halpern Room
Date	Description	
Jan. 13	Believers and Doubters <ul style="list-style-type: none"> • Devdutt Pattanaik: Are There Universal Beliefs and Truths? • Greg Tonkinson: How Does Doubt Fit into Faith? • Lesley Hazleton: Is Doubt Essential 	
Jan. 20	Conversation <ul style="list-style-type: none"> • Celeste Headlee: How to Have a Good Conversation • Suzanne Simard: How trees talk to each other • Will Stephan: How to sound smart on your TED talk. 	
Jan. 27	Language - Challenges to Understanding <ul style="list-style-type: none"> • Does Grammar Matter? • Don't Insist on English - A History Lesson • The Secrets of Learning a New Language • How Interpreters Juggle 2 Languages 	
Feb. 3	7 Deadly Sins - Sloth & Envy <ul style="list-style-type: none"> • Carl Honore: In Praise of Slowness • Parul Seghal: An Ode to Envy 	
Feb. 10	Creativity <ul style="list-style-type: none"> • Danielle Feinberg: The Magic Ingredient that Brings Pixar to Life • David Korins: Making Revelations in Space • David Rockwell: The Hidden Way Stairs Shape your Life 	
Feb. 17	Family Day - BROCK HOUSE CLOSED	
Feb. 24	7 Deadly Sins - Pride and Greed <ul style="list-style-type: none"> • Jonathan Gravenor: The Other Side of Ego • Paul Piff: Does money make you mean? 	
Mar. 2	Maps - Social and Physical <ul style="list-style-type: none"> • Danny Dorling: Maps that Show us Who we are (not just where we are) • Aris Venetikidis: Making sense of maps • Michael Bierut: The Magic of the London Tube Map • Pat Kelly: This is That's Parody of a TED talk 	
Mar. 9	Dreams <ul style="list-style-type: none"> • Barbara Sher: Isolation is the Dream-killer, Not Your Attitude • Winslow Swart: Goals Suck, Dreams are Epic 	

Philosophy Reading & Discussion Group ———— **FREE**

Part 8 - Philosophy Since the 1960s/Contemporary Continental Philosophy or Postmodernism. In this course—designed as a beginner's study of philosophy—we will be covering a variety of philosophical questions, including: How do we come to acquire knowledge? What is it possible to learn? What has been the influence of philosophy on morality and the theory of art? In addition, we will read and discuss contemporary Literature Theory and the teaching of Literature. Each class will consist of group discussions on assigned weekly readings and viewing philosophy Great Courses lectures on DVDs. The course text book is *A History of Philosophy Part 8* by Jack Thomson (Australia) which is available from the convenor at a cost of ~\$20.00. **Group is limited to 14. The group currently has 2 openings.** Please contact the convenor through the office before attending for the first time.

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

Seniors' Services Series Part 1 ———— **FREE**

Programs dedicated toward the needs of seniors.

Death Café: Thinking and Planning Ahead

At a Death Cafe people gather in a comfortable and friendly environment to discuss death. The objective is *'to increase awareness of death with a view to helping people make the most of their (finite) lives'*.

A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. Death Cafes are always offered in an accessible, respectful and confidential space, with no intention of leading people to any conclusion, product or course of action. Grab a coffee or a snack from the cafeteria and join Rev. Stephen Garrett in this discussion group at Brock House.

Convenor: Rev. Stephen Garrett	
Time	Location
1:15 - 3:15	Begg Room
Day: 3 rd Monday of each month in the Winter: Jan. 20, Feb. 24 (<i>since Feb. 17 is a holiday</i>), and Mar. 16.	

Seniors' Services Series Part 2: ———— **FREE Presentations**

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

Convenors: Wendy Trigg, Jane Dunlop & Donna Webb		
Day	Time	Location
Wed.	1:30 - 3:30	Halpern Room
Date	Title and Description	
Jan. 22	PADS Program <i>with PADS Pacific Assistance Dogs Society.</i> Come hear a local woman (and her dog) describe how the PADS program changed her life. PADS breeds, raises, trains and supports certified assistance dogs, for people living with disabilities and community care professionals.	
Jan. 29	A Gerontologist Guide to a Long and Healthy Life <i>with Dan Levitt.</i> Dan Levitt is the Executive Director of Tabor Village, Adjunct Professor Gerontology SFU, Adjunct Professor School of Nursing at UBC, Sessional Instructor School of Health Sciences at BCIT, and Board Member for the Board of Aging Network.	
Feb. 5	Core Values, Legacy, Love Letters and Heart Wills <i>with Michelle Pante.</i> In this interactive workshop with Willow EOL, you will learn to reflect on your life and begin to write lasting messages to those you love.	
Feb. 12	Loneliness and Isolation—Strategies for Reduction and Prevention <i>with Eddy M Elmer.</i> Eddy will explain to participants how to identify the socially isolated and how to deal with isolation and loneliness. He will also describe strategies for the reduction and prevention of loneliness and isolation.	
Feb. 19	Disaster Preparedness <i>with Jackie Kloosterboer.</i> Jackie will take participants step by step through the process of preparing for disasters, including: fires, flooding and earthquakes. She will also explain how to perform a home hazard hunt. Jackie will bring copies of her book, “My Earthquake Preparedness Guide” for sale to participants.	
Cont’d on next page.		

Seniors' Services Series Cont'd	
Date	Title and Description
Feb. 26	Garden Buddies <i>with Patricia Fleming, Executive Director of Earthwise.</i> Patricia will describe the Earthwise Society's Garden Buddies program - how it works and how it has benefited those who have taken part.
Mar. 4	Crossreach Adult Day Care <i>with Jessica Malkoste, Executive Director of Crossreach Adult Day Care.</i> Jessica will describe Crossreach which provides social interactions, activities and healthy meals for seniors. Its' goal is to help seniors continue to live in their own homes instead of live-in seniors centres while also providing respite for their caregivers.
Mar. 11	Understanding Alzheimer and other Dementia <i>with Krista Frazee, Alzheimer Society.</i> Participants will gain a general understanding of Alzheimer's disease and other forms of dementia, get tips on reducing risk factors associated with dementia, and hear about existing research in the field.

Travel Series FREE

Photographers share their travel experiences.

Convenors: John Smith & Rose Taylor		
Day	Time	Location
Mon.	10:30 - 12:00	Halpern Room
Date	Title and Description	
Jan. 13	Adventures in Southern & East Africa: Overland from Cape Town to Nairobi, Part I, <i>Graham Baldwin</i>	
Jan. 20	Adventures in Southern & East Africa: Overland from Cape Town to Nairobi, Part II, <i>Graham Baldwin</i>	
Jan. 27	Cosmos Bus Tour Part I: Dubrovnik, Split, Mostar, Zadar and Postojna Caves, <i>Rose Taylor</i>	
Feb. 3	Eastern Sicily: The History, the Culture, the Architecture, and VOLCANOES! <i>Tom Henry</i>	
Feb. 10	Papua New Guinea - Tribes, Birds of Paradise and WWII Sites, <i>Sheila Page</i>	

Travel Series Cont'd	
Date	Title and Description
Feb. 17	Family Day - BROCK HOUSE CLOSED
Feb. 24	Bamfield to Australia and Back: A Photographer's Journey, <i>Kit Griffin</i>
Mar. 2	Antigua: The Old and the New, <i>Doug Davidson</i>
Mar. 9	A Photo Tour through Seville, Cordoba, and Granada, Spain, <i>Neil & Doreen le Nobel</i>
Mar. 16	Crucible of Colour: Hyderabad Wedding and Travels in Southern India, <i>Catherine Stewart and Michael O'Neil</i>

Tuesday Lecture Series FREE

Knowledgeable specialists lecture on diverse topics.

Convenor: Allan Strain		
Day	Time	Location
Tues.	10:30-11:30	Halpern Room
Date	Title and Description	
Jan. 14	View a Pin from a Satellite – the Capabilities of Modern Earth Observation Imagery. <i>Nicholas Coops.</i> Professor, Faculty of Forestry, UBC and head of the Integrated Remote Sensing Studio.	
Jan. 21	Neighbourhood Houses in Vancouver: What are They Up To? <i>Robert Prenovost.</i> CEO, Association of Neighbourhood Houses.	
Jan. 28	A Political Pollster's view of the twists and turns in the 2019 Federal Election. <i>Mario Canseco.</i> President, Research Co, Vancouver.	
Feb. 4	Homeless in Vancouver: Causes, Outcomes and Possible Remedies. <i>Celine Mauboules.</i> Director of Homelessness Services, City of Vancouver.	
Feb. 11	How BC can Build the Affordable Housing We Need: The Role of Land Taxes. <i>Alex Hemingway.</i> Economist and Public Finance Policy Analyst, Canadian Centre for Policy Alternatives.	
Feb. 18	Some Interesting Land and Water Management Issues. <i>Les Lavkulich.</i> Academic Director, Master of Land and Water Systems, and Professor Emeritus, Faculty of Land and Food Systems, UBC.	

Tuesday Lecture Series Cont'd	
Date	Title and Description
Feb. 25	Ceramics in a Museum of Anthropology. <i>Carol Meyer.</i> Museum of Anthropology, UBC.
Mar. 3	The Making of a Cold War Fighter Pilot. <i>Tom Henry and Tony Blake.</i> Former RCAF pilots and Brock House members.
Mar. 10	A Year at Killara Farm. <i>Christine Allen.</i> Lifelong gardener and owner of Killara Farm.
Mar. 17	The Chung Collection at UBC: Artifacts of National Historic Importance, Recognized by UNESCO. <i>Susan Parker.</i> Librarian, University of BC.
Mar 24	Revitalizing Endangered Indigenous Languages. <i>Patricia Shaw.</i> Professor of Anthropology and Founding Chair, First Nations & Endangered Languages Program, UBC

PAID COURSES

IP101 Art History: Baroque North & South

The Italian Baroque brought us masters like Bernini and Caravaggio, but there is so much more to this rich period in European art that followed the Renaissance. Join us as we explore masters of Italy and beyond - including Rembrandt, Vermeer, and the Northern/Dutch Baroque. Even now, the Baroque still shapes so much about the way we make sense of art and drama in the West today. **Limit of 65. No drop-ins allowed.**

Instructor: Jessa Alston-O'Connor				
Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Feb. 11	12:30-2:30	\$100/5 weeks	Halpern Room



IP102 Art History: Canadian Art History, Past and Present

We often hear of Monet or Degas, but how about the greats of Canadian Art History? Join us as we

explore the growth and diversity of Canadian Art, both past and present. From early 1800s to present day, including French and English artists who came to Canada, modernists like Emily Carr and the Group of Seven, and the explosion of Abstract art in the 1960s. We will learn about notable First Nations artists and Vancouver artists who are big names in Canadian art today. Beyond European art, here is your opportunity to delve into the richness of Canadian Art. **Limit of 65. No drop-ins allowed.**

Instructor: Jessa Alston-O'Connor				
Day	Dates	Time	\$	Location
Tues.	Feb. 18 - Mar. 17	12:30-2:30	\$80/4 weeks	Halpern Room
No Class: Mar. 3 (Room Unavailable)				

IP103 Great Composers From Beethoven to Schumann

Join us as we explore the lives and music of such popular composers as Ludwig van Beethoven, Franz Schubert, Felix Mendelssohn, and Robert Schumann. We will discuss how their careers influenced their musical styles and listen to a selection of their best-known works. **Limit 65.**

Instructor: Nicolas Krusek				
Day	Dates	Time	\$	Location
Thurs.	Jan. 16 - Feb. 13	1:00-3:00	\$75/5 weeks	Halpern Room
Date	Description			
Jan. 16	Ludwig van Beethoven: A giant whose legacy of instrumental works cast a long shadow over nineteenth-century music.			
Jan. 23	Franz Schubert: Despite the brevity of his life, he left behind an astonishing body of works in all genres.			
Jan. 30	Carl Maria von Weber: The greatest German opera composer of his generation, his music influenced Wagner and many other composers.			
Feb. 6	Felix Mendelssohn: The most remarkable child prodigy in history, he was already composing symphonies and concertos in his early teens.			
Feb. 13	Robert Schumann: A perceptive critic with a lively intellect, he brought to music a strong literary and poetic sensibility.			

IP104 Legendary Performers

Some performers are simply born great. It is their combination of talent and charisma which makes them legendary. Neil Ritchie examines what makes a performer great and looks at how, besides talent, their early lives, family, education, career choices, mentoring, integrity, musicality, direction, timing, and, of course, luck impacted their careers. Spend some time with each of them enjoying their music and learning about their often complicated personal lives. **Limit 65.**

Instructor: Neil Ritchie				
Day	Dates	Time	\$	Location
Thurs.	Feb. 20 - Mar. 19	1:00-3:00	\$75/ 5 weeks	Halpern Room
Date	Description			
Feb. 20	Mikhael Baryshnikov. The Russian ballet star who went on after ballet to have a television and film career.			
Feb. 27	Barbra Streisand. Actress, singer, comedienne and politically aware superstar.			
Mar. 5	Clark Terry. This superb trumpet virtuoso recorded over 700 albums and became a treasured member of the jazz scene until his 90's.			
Mar. 12	South Pacific. One of the greatest musicals ever created written by Rodgers and Hammerstein based on the short stories of James Michener.			
Mar. 19	Jessye Norman/Edith Piaf. 2 portraits of the late larger than life soprano and the enduring mistress of the French chanson.			

IP105 Strong Women in Literature NEW

Throughout the western literary tradition, women have at times been presented as strong, self-reliant iconoclasts. This course will examine how narrative artists have utilized the strong woman protagonist to critique, and to assess the consequences of the disenfranchisement of women in western society. We will begin with a look at strong women in the works of Emily Bronte, Kate Chopin, and George Eliot and then turn to the Bible, Greek drama, Shakespeare, opera and modern drama. **Limit of 65.**

Instructor: Graham Forst				
Day	Dates	Time	\$	Location
Fri.	Jan. 17 - Feb. 28	10:00-12:00	\$85/ 6 weeks	Halpern Room

IP105 Strong Women in Literature Cont'd

Date	Description
Jan. 17	Introduction. The traditional concept of gender, and the role of literature in perpetuating gender stereotypes. Discussion of the work of Kate Chopin, especially "The Story of an Hour," and the heroines of George Eliot.
Jan. 24	Strong Women in the Bible. Traditional depictions of women in Hebrew patriarchy (Eve, Delilah, Potiphar's wife, Jezebel, Salome) are contrasted with sympathetic and heroic images of women in the bible. We will be looking at drama and opera videos.
Jan. 31	Strong Women in Greek Drama. The role of women in "democratic" Greece. Background of Greek tragedy, with focus on women as tragic heroines (Medea, Phaedra, Antigone).
Feb. 7	Strong Women in Chaucer and Shakespeare. Chaucer's "Wife of Bath." Women's roles at the time of the English Renaissance. Focus on Kate (<i>Taming of the Shrew</i>), Viola (<i>Twelfth Night</i>) and Portia (<i>Merchant of Venice</i>).
Feb. 14	No class - Room Unavailable
Feb. 21	Strong Women in Opera. The genre of opera requires strong women heroes. Focus on Strauss' <i>Salome</i> , Bizet's <i>Carmen</i> and Puccini's <i>Tosca</i> .
Feb. 28	Strong Women in Modern Drama. Background of the emerging role of women in late 19 th century. The focus will be on Ibsen's Nora Helmer and Hedda Gabler, and Bernard Shaw's Eliza Doolittle.



IP106 Whisky & Cigars:

Live Life the Way You Deserve It

Whisky, originally called Usige na Beatha, means the water of life. Discover how this powerful and emblematic drink has conquered the halls of power and witnessed defining moments of history. Learn how it is made, how the slight nuances change the flavor and how Whisky is now a global phenomena. Experience the etiquette and true way of tasting whisky when entertaining guests and business colleagues. This course encapsulates the finesse of global whisky, taking you from North America to the shores of Scotland and on to the distilleries of the East. It does not end there as we include the masterful pairing of cigar styles to match the different styles of whisky. You will learn about the history of cigars, the makeup of a cigar and the differences in styles and flavor. This course is designed for those who appreciate the finer aspects of life and want to give themselves and friends a treat they deserve. **Limit of 40. No drop-ins allowed.**

Instructor: Dr. Clinton Lee				
Day	Date	Time	\$	Location
Tues.	Jan. 14 - Feb. 11	4:00-5:30 <i>After-hours</i>	\$135/ 5 weeks	Halpern Room

LANGUAGES

Spanish Conversation **FREE**

Basic conversation and pronunciation in an informal setting. Excellent experience for those planning to travel to Mexico or South America. **The class is free but registration required. Limit of 10 per class.**

Instructor: Carlos Rabago				
Level 1 - Beginners				
Day	Dates	Time	Weeks	Location
Tues.	Jan. 28 - Mar. 3	11:00-12:00	6 weeks	Games Room
Level 2 - Intermediate				
Tues.	Jan. 28 - Mar. 3	12:00-1:00	6 weeks	Games Room

PAID COURSES

Conversational French

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

LG101 French Beginners

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

Instructor: Noelle				
Day	Dates	Time	\$	Location
Mon.	Jan. 13 - Mar. 16	9:45 - 11:15	\$105/ 9 weeks	Games Room/ Begg Room
No Class: Feb. 17 (Holiday - Family Day)				

LG102 French Intermediate

For those who have a working knowledge of low intermediate or intermediate French, this program offers an exciting way to improve or refresh your skills. We will study various aspects of grammar and vocabulary and tie them together with dynamic and fun speaking exercises for communicating in French-speaking countries and provinces. All materials will be provided. If you wish to travel to France or Quebec, communicate with French-speaking friends or refresh your knowledge of French, this course is for you. Students should be able to speak comfortably in the present tense and have reasonable knowledge of the past and future tenses. **Limit of 12.**

Instructor: Noelle				
Day	Dates	Time	\$	Location
Mon.	Jan. 13 - Mar. 16	11:30-1:00	\$105/ 9 weeks	Games Room/ Begg Room
No Class: Feb. 17 (Holiday - Family Day)				

LG103 French Advanced

This course is for students who have completed the intermediate course or who have an excellent knowledge of intermediate French and want to move to the advanced level. We will study advanced level grammar and vocabulary points in an interactive way, allowing students to speak as much as possible. Students should be comfortable speaking in the present, past and future tenses but not fluently. **Limit of 12.**

Instructor: Noelle				
Day	Dates	Time	\$	Location
Mon.	Jan. 13 - Mar. 16	1:30-3:00	\$105/ 9 weeks	Games Room/ Begg Room
No Class: Feb. 17 (Holiday - Family Day)				

LG104 Italian for Beginners

Welcome to our Italian class!

Have you ever been in Italy and wanted to talk to someone about who you are, where you are from and what your hobbies are? Have you ever been in an Italian Restaurant or café and wanted to make an order? Have you ever been in an Italian city and needed to ask for information? Have you ever met an Italian and wished to speak about your daily life or past experiences, your free time or favourite activities?

If you have, you know how challenging it can be; if you haven't you may want to learn how to do it! And this is what our class will be about: you will learn how to communicate in a variety of social situations, within the flavour of the Italian culture and with the support of basic grammatical structures that you will need to communicate.

Instructor: Emanuela Bontempelli				
Day	Dates	Time	\$	Location
Thurs.	Jan. 16 - Mar. 19	9:00 - 11:00	\$110/ 8 weeks	Games Room
No classes: Feb. 13 & Mar. 12 (Room Unavailable)				

MUSIC

Brock House Big Band

The Brock House Big Band is an 18-piece band with a repertoire designed for swing dances. The band performs about 16 times a year, delivering big band music to community centres, hospitals and seniors' residences. The repertoire changes to match major public holidays, such as Valentine's Day, Easter, Remembrance Day, and Christmas. The band meets for practice each Tuesday and Friday from September to June at the following locations and times.

Director: Andrew Clark, 604-842-8581		
Outreach: Brenda Clark, 604-842-8581		
Day	Time	Location
Tues.	10:30-12:00	W.P.G. Comm. Centre (Aberthau)
Fri.	10:00-12:00	Kerrisdale Seniors' Centre

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. We play from 1:00 p.m. to 3:00 p.m. and music is provided. Our group is self-organized.

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

Brock House Folk Singing Group NEW

Are you interested in being involved in a Brock House Folk Singing Group?

John Wade and Graham Baldwin are the instigators. We are involved in local folk singing societies. There are many of these in Vancouver.

The plan is to meet on Friday, January 17th, between 1:00-3:00pm in the Activity Room, to see what interest there is. Bring your voices and instruments. If the group forms, we'll meet every second and fourth Friday for a trial period.

Typical activities are song circles; individuals bringing all manner of instruments; going around the group and offering songs, poetry and laughter. The group joins in playing or singing whenever invited. (A folk song is anything you want it to be.)

Please contact John Wade at 778-988-1148 or johnwade1948@gmail.com if you have any questions, and if you intend to attend the first meeting on Friday, January 17th, at 1:00pm, please provide your contact details to John so that a list of interested people can be assembled.

Convenors: John Wade, johnwade1948@gmail.com Larry Moore, larrymoore@hotmail.com			
Day	Date	Time	Location
Fri.	Jan. 17	1:00-3:00	Activity Room

Brock House Jazz Band

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

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

Brock House Kerrisdale Choir

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

Director: Elsie Stephen Contact for Choir: Sharon Copeman		
Day	Time	Location
Tues.	1:00 - 3:00	Kerrisdale Community Centre

Brock House Orchestra

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

Director/Conductor: Jeffrey Tseng Director Emeritus: Ernie Fiedler Outreach: Philip Neame		
Day	Time	Location
Wed.	10:00 - 12:00	Begg Room

Handbells (Brock House/Kerrisdale)

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

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

Sing-A-Long

FREE

Brighten your day; leave your worries on the doorstep; come on over to the sunny side and sing along or swing along with the Brock House Society's gleeful senior songsters on Monday afternoon. The

benefits of ensemble singing in a non-threatening social setting are unique for each individual. We hope the fun we have will improve your sense of joy and overall well-being and, of course, your singing. All voices are welcome. We do some sing-alongs at Brock House events and our monthly visits to Vancouver seniors' residences are popular with both our hosts and our members.

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

Suk Fen's Music

FREE

Join Suk Fen, a Brock House member and an opera singer, for some professional singing exercises. This includes proper posture, breathing exercises, develop voice, practice singing vowels, introduction to Do Re Mi Fa So La Ti Do, do scales, sing melody, read music, and learn rhythm. Most importantly sing songs and have fun! All members welcome. Drop in.

Convenor: Suk Fen Cheung			
Day	Dates	Time	Location
Thurs.	Feb. 6 - Mar. 19	9:00-10:45	Activity Room

PAID COURSES

MS101 Beginners Ukulele

This class is perfect for members who have never played the ukulele or know a few chords. Ukulele is loads of fun, super easy to learn, as well as affordable and portable. Join instructor Harmonious Joan on this melodious adventure! You must bring your own soprano, concert, or tenor ukulele (C tuning). No baritone ukuleles! If you don't yet own a ukulele, you can buy an adequate one for \$40 to \$50, a quite decent one for around \$80+. Some music stores offer rentals. A clip-on tuner is also highly recommended. All other materials provided. Here's what Joan's students have said: *"Ukulele with Joan was an absolute blast! The pace was great for beginners like me."* FF *"This class made me happy"* KB. Limit of 10.

Instructor: Joan deVerteuil				
Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Mar. 17	1:00-2:00	\$85/ 10 weeks	Activity Room

MS102 Advanced Beginners Ukulele NEW –

Have fun advancing your ukulele playing! Students should be fairly comfortable playing all or most of the following chords: C, C7, D, D7, F, G, G7, A, A7, and Am, as well as reading chord diagrams, and basic strumming using the index finger. We'll quickly review what we learned in the beginners class, and then move forward with new songs, some new chords, more strumming patterns, some finger picking, and refining our chord-changing skills. You must bring your own soprano, concert or tenor ukulele (C tuning). No baritone ukuleles! A clip-on tuner is highly recommended. All other materials provided. Here's what Joan's students have said: *"Joan is an excellent and easy going teacher and communicator."* **DR. Limit of 10.**

Instructor: Joan deVerteuil				
Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Mar. 17	2:15 - 3:15	\$85/ 10 weeks	Activity Room



Beginner's Ukulele Class in the Fall Term
Courtesy of Joan deVerteuil

SOCIAL GROUPS

The following social groups are intended for all Brock House members interested in getting together on a more social basis. Our Adventures in Dining group has been meeting regularly for over 4 years. In the Fall, Brock House launched three new social groups, two of which will continue to meet monthly in the Winter Term. Contact the respective group's convenor(s) if you would like to join any of these groups.

Adventures in Dining

This group provides a wonderful opportunity to meet other Brock House members while enjoying dinner at some of Vancouver's many fine restaurants. Restaurants are selected for their interesting menus, and members are emailed with event details and dates. Those interested reply by email to reserve a place and await confirmation. Member input as to the choice of cuisine and venue is welcomed. Groups

may be limited to 6 - 8 people to facilitate service and conversation, as socializing is a focus. Contact one of the following conveners to join the mailing list. Members are responsible for their own transportation and expenses.

Convenors:

Christine Chou (2muffychou@telus.net)

Lesley Dawson-Burns (ldawsonburns@telus.net)

Jan Smith (4jannys@gmail.com)

Day	Time	Location
TBA	After-hours	Out of House

Theatre Group

If you enjoy live theatre and would like to spend evenings with like-minded Brock House members, please add your name to our ever-growing list. We attended our first performances this fall (Jericho Arts Club and Metro Theatre) and plan to continue with monthly outings at various local theatres throughout the 2019-2020 season. Member input re: specific plays and venues would be most welcome. If the group is interested, we will also coordinate follow-up social gatherings to discuss the plays. We have a small organizing committee of three but would welcome one or two others. Members are responsible for their own transportation and ticket purchases.

Convenor: Adele Tremblay

(aft@shaw.ca or 604-683-0375)

Day	Time	Location
TBA	After-hours	Out of House

Men's Group FREE

This informal group is an opportunity for the male members of Brock House to get to know each other better. Each session will start off with a presentation by one of the members followed by an open discussion around the table. We then conclude with some one-on-one time with someone you wish to know better. This is a free gathering, but pre-registration is desired. The proposed dates are every 2nd Friday of each month. For further information, please contact Graham Kedgley through the office.

Convenor: Graham Kedgley

Day	Time	Location
Fri.	10:00-12:00	Halpern Room

Dates: 2nd Friday of each month in the Winter:
Jan. 10, Feb. 14 and Mar. 13

WOODWORKING

Workshop ————— **FREE**

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

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

Woodworkers ————— **FREE**

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

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

PAID COURSE

WW101 Woodworking **Introductory Course**

The woodworkers will be offering an introductory woodworking class for novices to learn the fundamentals of woodworking and more advanced woodworkers who wish to refresh their skills. The course will introduce basic skills, project design, safety, techniques and planning the successive steps for completing your project and achieving your project goals. The class will be organized around individual projects selected by each student. Work on each project will be mentored and supervised by the instructors. Potential projects on the list include: bird houses for chickadees or swallows, cutting boards, small benches, small tables, plant stands, planters, turned bowls and wooden toys. Other projects can be discussed with the course coordinator and approved if they are suitable for your skill levels. The course includes an orientation that will allow participants to work independently in the workshop. **Limit of 9.**

Convenor: Bill Ramey

Day	Dates	Time	Location
Tues.	Feb. 4 - Mar. 10 (6 weeks)	4:00-6:00 <i>After-hours</i>	Work Shop

Price: \$112 plus the cost of wood for the selected project. Most projects using pine boards should be less than thirty dollars but special woods could cost more.

WRITTEN WORD

Book Club ————— **FREE**

Brock House has two book clubs. Both are full. If you are interested in being on a waiting list, please contact the office.

Book Club #1	Convenor: Francine Panet-Raymond		
Day	Time	Location	
Last Friday of the month	1:15-3:15	Meyer Room	

Book Club #2	Convenor: TBA		
Day	Time	Location	
2 nd Thursday of the month	9:30 - 11:15	Games Room	

Life Writing ————— **FREE**

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

Convenor: Inge Andreen

Day	Dates	Time	Location
Thurs.	Jan. 16 - Mar. 19	10:00-12:00	Meyer Room

Play Reading ————— **FREE**

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

Convenor: Penny Pearson

Day	Time	Location
Mon.	1:00 - 3:00	Meyer Room

Writers' Circle ————— **FREE**

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

Convenor: Pat Ajello

Day	Time	Location
Fri.	10:00 - 12:00	Meyer Room

PAID COURSES

WR101 Prompting your Muse NEW

Do you want to write but just can't get started? Are you working on a writing project and you're stuck? This workshop will help you explore different ways to jump-start your writing using prompts and other methods to stimulate your creativity. Non-fiction, fiction, fantasy fiction... all genres, even some poetry. **Limit of 14.**

Instructor: Ruth Kozak				
Day	Dates	Time	\$	Location
Tues.	Jan. 14 - Mar. 17	3:30-5:30 <i>After-hours</i>	\$85/ 10 weeks	Games Room

WR102 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 and will include some fiction writing as well as poetry. **Limit of 14.**

Instructor: Ruth Kozak				
Day	Dates	Time	\$	Location
Wed.	Jan. 15 - Mar. 18	10:00 - 12:00	\$85/ 10 weeks	Games Room

EVENTS & SOCIALS

HALPERN PERFORMING ARTS EVENTS

Sponsored by the George Halpern Fund

Daddio & the Gran Koolios

The foundation of Rock and Roll music comes from the cotton plantations of the American south. The rhythms and music travelled north up the Mississippi, until it was heard by a new young post-war generation, ready for their own music and ready to dance. Let's travel back in time, along the Rock and Roll highway from its beginning to its heyday in the 50s. The presentation will include a four piece band and a lecture.

John Mitchell has composed and produced the music for over 500 episodes of animation and 200 episodes of live-action television. He has won a Leo Award for his television work, and has been

nominated for a Juno award for his children's songs. He is currently a lecturer in the Roots and History of Contemporary Popular music at SFU **Limit of 100.**

Convenor: Alice Enns			
Day	Date	Time	Location
Tues.	Mar. 3	1:45 - 3:15	Conservatory
Tickets: \$8 Members & \$10 Guests			

SOCIAL & SPECIAL EVENTS

Mardi Gras

Get ready folks - SAVE THE DATE! The Socials Committee is planning a Mardi Gras event on Thursday, March 26th from 1:30-3:15pm in the Conservatory. The Brock House Jazz Band will entertain us with foot-tapping old New Orleans tunes. **Limit of 70.**

Convenor: Patricia Brady			
Day	Date	Time	Location
Thurs.	Mar. 26	1:30 - 3:15	Conservatory
Tickets: \$17 Members & \$20 Guests			

TOURS

Enjoy The Journey serves local tourists looking to explore their own backyard. Enjoy the journey and the destination with exciting tours focused on unique experiences. Unless specified, all tours use a private 24-seating bus for Brock House members and their guests only. Prices listed include all fees and taxes.

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 the mouth of the Pitt River. Get your cameras ready for this narrated educational tour!

Package includes a ride from and to Brock House, a ticket to the Paddlewheeler River Boat Tour, the Discover the Fraser Lunch Cruise, entrance to the Fraser River Discovery Centre, as well as a visit to the Westminster Quay Public Market. During registration, please let Brock House know if you require vegetarian or gluten free options or have any other dietary restrictions.

Day	Date	Time	Limit of
Fri.	Mar. 27	9:00am - 4:00pm	24
Price: \$150 Members and Guests			

Seattle Art Museum (SAM): Flesh and Blood: Italian Masterpieces from the Capodimonte Museum

The Seattle Art Museum is proud to present a new exhibition *Flesh and Blood: Italian Masterpieces from the Capodimonte Museum*. Take this rare opportunity to experience the fierce beauty of art from the 16th and 17th centuries. Renowned Renaissance artists such as Titian and Raphael join Baroque masters Artemisia Gentileschi, Jusepe de Ribera, Guido Reni, and Bernardo Cavallino. Package includes a private bus from and to Brock House, admission to the exhibit *Flesh and Blood: Italian Masterpieces from the Capodimonte Museum* and dinner at Outback Steakhouse. During registration, please let Brock House know if you require vegetarian or gluten free options or have any other dietary restrictions.

Day	Date	Time	Limit of
Wed.	Jan. 15	8:00am - 9:00pm	24
Price: \$150 Members and Guests			

Tea & Trumpets

Warm up with Chabrier, de Falla, Verdi and more southerners in this concert brimming with Spanish heat. Ole! This tour includes a scenic drive through Stanley Park and a stop at Prospect Point and lunch at the brand new Stanley Park Brewing Restaurant, Tea & Trumpets ticket at the Orpheum with VSO host Christopher Gaze, tea and cookies. During registration, please let Brock House know if you require vegetarian or gluten free options or have any other dietary restrictions.

Day	Date	Time	Limit of
Thurs.	Feb. 13	10:00am-4:00pm	24
Price: \$140 Members and Guests			

FRIDAY MOVIES

Join us on Friday afternoons for the latest in Brock House Entertainment! Come early, door closes at 1:00! Open to members & their guests.

Convenor: Chris Mewis			
Day	Time	\$	Location
Fri.	1:00 - 3:30	\$2 Exact change please!	Halpern Room
Dates	Movie Title & Description		
Jan. 10	Yesterday: A Struggling musician realizes he is the only person on Earth who remembers the Beatles, and performs their songs as his own.		

Friday Movies Cont'd

Dates	Movie Title & Description
Jan. 17	All is True: After the Globe Theatre burns down in 1613, William Shakespeare (Kenneth Branagh) returns to Stratford to spend his retirement with his wife, Anne Hathaway (Judi Dench).
Jan. 24	Three Billboards Outside Ebbing, Missouri: By erecting three roadside billboards, a mother taunts local police about the lack of arrests in the case of her daughter's murder.
Jan. 31	The Bookshop: A widow puts grief behind her and, against opposition, risks everything to open a bookshop, the first in a sleepy English town.
Feb. 7	Pavarotti (Documentary): An intimate portrayal of the life and work of opera legend Luciano Pavarotti.
Feb. 14	The Old Man and the Gun: Criminal, Forrest Tucker (Robert Redford) escapes from San Quentin at age seventy, and commits bank robberies that confound police and charm the public.
Feb. 21	The Exception: A German Captain is recruited as bodyguard to Kaiser Wilhelm II (Christopher Plummer) but also investigates the dethroned ruler's lack of loyalty.
Feb. 28	Late Night: A late-night talk show host (Emma Thompson) hires a female staff writer. Hilarious consequences ensue when the two are united by their love of a biting punchline.
Mar. 6	Rocket Man: Set to his well-known songs, the movie follows Elton John's journey from shy piano prodigy to international superstar.
Mar. 13	The Farewell (some subtitles): A Chinese family gathers at an impromptu wedding to say goodbye to their grandmother who has a terminal disease. They decide not to tell her that she is sick.
Mar. 20	Film Stars Don't Die in Liverpool: The true story of actress Gloria Grahame and her lover, Peter Turner, shows her growing attachment to his family when she falls ill near the end of her life.
Mar. 27	The Art of Racing in the Rain: Golden retriever Enzo learns with his owner, a race car driver, that techniques used on the racetrack can be a formula for life. Told from Enzo's point of view.

The History of Brock House

Brock House is an authentic Tudor replica heritage building situated on scenic waterfront property on beautiful Jericho Beach.

Philip Gilman, a mining engineer from England, purchased the waterfront lots in 1906 and 1909, making his estate two and a half acres with over 300 feet of sandy beach waterfront. In 1911, he engaged the noted architect Samuel Maclure to design the house and in March 1912 contracted construction to the firm of Coffin & McLelland. The Gilmans moved in early the following year.

In July 1922, Gilman sold the property to Mildred Brock, wife of Dean Reginald Brock. The Brocks with their four sons moved in August 1922. Mrs. Brock named the house "Brockholm"—holm meaning low-lying land near water—and for the next thirteen years, the Brocks made it a "hospitality house" for a wide variety of purposes enjoyed by thousands of people from the world over. In July of 1935, Dean and Mrs. Brock were killed in an airplane accident; the three sons remained in the house until it was sold in March, 1938 to David Tait.

In 1952, the Tait's sold the house to the federal government and it was the RCMP, Vancouver Sub-Division Headquarters until 1971. On May 1, 1975, the property was turned over to the City of Vancouver as part of the transfer of Jericho Waterfront Lands. Since 1977, the house and grounds have been leased to Brock House Society from the Vancouver Board of Parks and Recreation.

Brock House Society, a non-profit organization registered under the BC Societies Act, was founded in 1974 to preserve, restore and administer Brock House as an activity centre for senior citizens.

One of the first tasks of the society was to raise over one-half million dollars for the renovation project. This was accomplished through the concerted action of a dedicated and energetic board of directors. Contributors for the project were the Government of Canada, the Province of British Columbia, the City of Vancouver, and the Board of Parks and Recreation, corporations, foundations, the media and private citizens – all of whose names are recorded in the Donors Book.

The second major expenditure, affectionately called the "Space Programme," occurred in 1985. New building and renovations included the conservatory, cafeteria, activity room, a workshop, enlarged kitchen and new furnishings and equipment. The cost, over \$600,000, was funded by contributions from members, charitable organizations and corporations.

Brock House, situated on two and one half acres of waterfront property, contains 20 rooms with 9 fireplaces and includes a conservatory, lounge, library, billiard, art, games, computer and activity rooms and offices.

Membership at Brock House Society

Being a member of Brock House Society provides a rich and rewarding experience, from attending classes and lectures to volunteering and making new friends. Membership for the year 2020 is \$75.

Annual Membership

For seniors 55+.

Annual Under 55 Membership

For those who would like to join but have not reached the age of 55.

Annual Subsidized Membership

If you receive a Guaranteed Income Supplement, you qualify for a subsidized membership. Please bring confirmation of the GIS to the Administration office to register or renew for 2020.

Life Membership

Please contact the office to discuss the opportunity of becoming a Life Member.

If you are interested in joining the Annual Membership or the Annual Under 55 Membership, please go to our website or call the office. If you qualify for the Annual Subsidized Membership or would like to become a Life Member, please contact the office.

Donate to Brock House Society

Brock House Society is charitable organization. Two of its purposes, as laid out in our Constitution, are to maintain our heritage building and to deliver a wide variety of free and fee-based activities for Vancouver's senior citizens. Direct costs of activities are covered by fees but the indirect costs of operating the society, including staff and maintenance costs, are funded from other sources, including membership fees and donations. We are also fortunate that we receive significant income from the Brock House Endowment Fund managed by the Vancouver Foundation and from Brock House Restaurant.

Brock House Society was founded with donations and at critical times has been sustained by special donation campaigns. Each year, we ask our members to donate to Brock House Society to assist with the indirect costs. Donations may also be directed to our Care and Conservation Fund for major property improvements. You will receive a receipt for income tax purposes for donations of \$20 or more.

You can donate online at www.brockhousesociety.com by clicking the Fundraising tab, then the Donate link and you will be guided through the rest of the steps. If you would like to donate in person, please phone 604-228-1461 or visit the Office.



Thank you!

We want to extend a special thank you to *Bean Around the World Coffees* on 10th Ave (4456 W 10th Ave), which has made significant donations to the 2019 Brock House Christmas Fair and the Joan & Dick Stace-Smith Pancake Breakfast.

EXCEPTIONAL WEST COAST CUISINE, BREATHTAKING SEASIDE VIEWS

JOIN US FOR THE HOLIDAYS!

Invite your family and friends to join us for the upcoming holiday events

Sunday, December 8th, 15th, 22nd - Holiday Brunch Buffet - \$48* per person

Tuesday, December 24th - Christmas Eve Buffet - \$58* per person

* 5% gst + 18% gratuity will be added on top of the cost per person



www.brockhouserestaurant.com | 604-224-3317 | catering@brockhouserestaurant.com

MEMBER BENEFITS

Besides the many free and fee-based activities and social events listed in this brochure, members can drop by Brock House to work in our fully-equipped workshop, play a game of billiards, visit our well-stocked library, relax by one of our fireplaces or sit in our cafeteria or outside admiring the best view of Jericho Beach, English Bay and the mountains beyond.

Membership in Brock House Society can be a rich and rewarding experience, from classes and lectures to volunteering and making new friends.

CAFETERIA

The Cafeteria is a warm and cheerful place where members can have lunch or coffee with friends. It is open for lunch Monday to Friday from 11:30am-1:00pm. Coffee and snacks are available Monday to Thursday from 9:00am-3:00pm and on Fridays from 9:00am-1:30pm. Members can also take a break from cooking with low-cost take-home meals.

Please note the cafeteria will only be serving coffee and sweets between December 16th to January 3rd. Brock House will be closed from December 23rd to January 1st, reopening on Thursday, January 2nd. Hot meals will return on Monday, January 6th.

PARKING

Members may park free with a Brock House parking sticker, during business hours, on-site or at additional assigned parking on the east side of the Jericho Beach parking lot.

LIBRARY

Members can complete a daily crossword puzzle or Sudoku, read the newspaper, a magazine or book in our well-stocked library. They can also borrow books and DVDs to read and watch at home.

FINE DINING

Brock House Restaurant, located onsite, offers members and up to 5 guests a 30%

discount. The discount is available for evening dinner reservations only from 5:30pm onward from Wednesday to Sunday. The discount cannot be used for Sunday brunch or special event menus. Please call ahead Monday to Friday to make a reservation.

WOODWORKING SHOP

Members who take a safety briefing on shop and equipment procedures are welcome to use the workshop.

WI-FI & COMPUTER LAB

Wi-fi is available throughout the house.

The computer lab is equipped with eight PC laptops. Members can drop in on Monday afternoons for computer help on any type of device they own.

STAYING IN TOUCH

The Gallimaufry

The Gallimaufry is a monthly newsletter of news and information for and about Brock House members and events.

Weekly Email Updates

Weekly updates on upcoming events are sent to all members on Friday afternoon.

HOURS OF OPERATION WINTER 2020

The House is open:

- Monday, Wednesday to Friday, 8:00am-4:00pm.
- Tuesday 8:00am-6:00pm.

The Office is open:

- Monday to Friday, 9:00am-3:45pm.

ANNUAL MEMBERSHIP FEE

We welcome everyone 55 years of age and over. The membership fee for the 2020 calendar year is \$75 (GST included). Join by going to the website www.brockhousesociety.com, visit or call the office at 604-228-1461.

AMENITIES. ACTIVITIES. CARE SERVICES.

THIS IS A TRIAL STAY AT AMICA



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to take a break and enjoy a relaxing stay with us.

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**BROCK
HOUSE**
Society

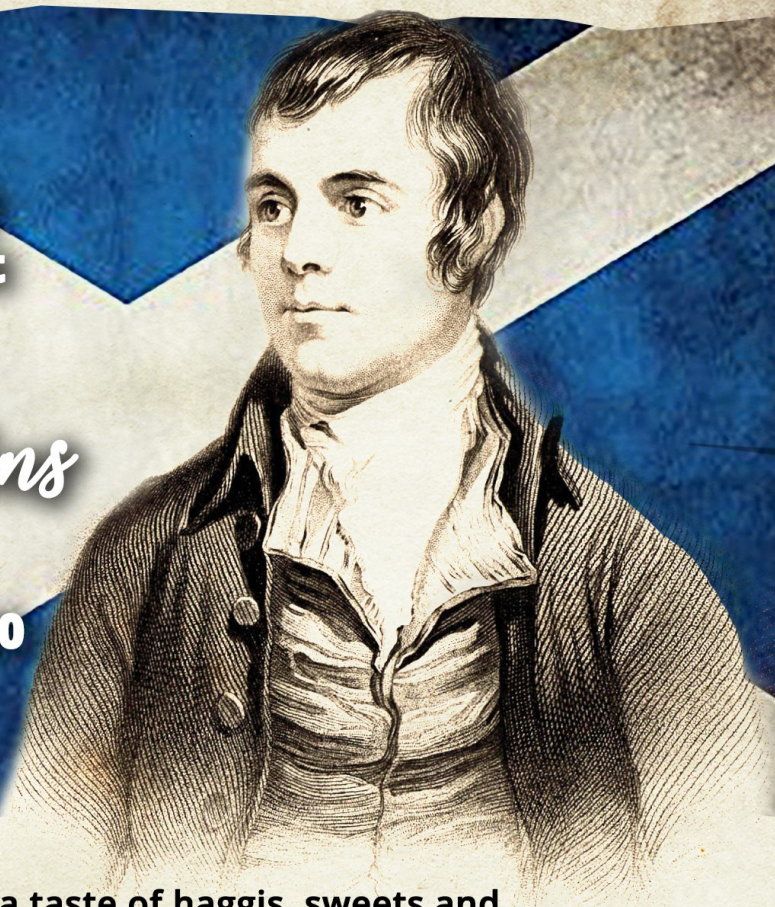
Robbie Burns Day

Thursday, January 23rd, 2020.

**Help celebrate
the 261st Birthday
of Scotland's best
loved poet**

Robbie Burns

**Thursday,
January 23rd, 2020
1:45 - 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!

~~~~~  
**Ticket prices:**

**Members: \$17 and Guests: \$20**

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

3875 Point Grey Road | (604) 228-1461 | www.brockhousesociety.com