



BLUE HERON NEWS

Cordova Bay 55 Plus Association

#1 - 5238 Cordova Bay Rd.
Victoria, BC V8Y 2L2
Phone: 250-658-5558



WHAT'S COMING UP

Tues., Sept. 2 - CB55+ Annual Corn Roast & Potluck lunch, 11:30 - 1:30. 1075 Noble Rd. (Johnston Farm)

Sunday, Sept. 28 - Saanich Heritage Bus Tour and Tea 12:30 - 4:30

Mon., Sept. 29 - Meet & Greet

Fri., Oct. 10 - Port Angeles Crab Festival

Sat., Nov. 1 - CB55+ Christmas Craft Fair - 10:00 - 3:00

Mon., Nov 17 - Thurs. Nov. 20 - Whistler Trip

Thurs., Nov. 20 - Flu Shot Clinic - 9:30 - 11:30

Sun., Nov. 23 - "Camelot", Royal Theatre, 2:30

Tues., Dec. 2 - CB55+ 10th Anniversary Celebration and Christmas Luncheon

Sun., Dec. 7 - Yellow Point Christmas Spectacular, 9:45 -7:00, \$80. 50 have registered, 18 on wait list; 2nd bus is being considered!

PRESIDENT'S MESSAGE

I hope you have enjoyed the spectacular summer we have been having and taken advantage of lots of events and activities that have been going on in and around Victoria, including the Centre. The Centre has seemed busier this summer compared to other years with a number of courses and activities that have continued on, such as the very successful iPad courses, Stretch and Strength, Men's Fitness, along with our flagship programs of OTGA and the Studio Group. We have also had the successful annual BBQ hosted by the men of CB55+, ably supported and directed by a few women (behind the scenes). And of course the Wednesday lunches, put on by Marilynne Convey and her band of volunteers, have been really successful. We probably need to rethink our summer programs given how well the activities were attended during the months of July and August and maybe try and offer more next year. It is certainly something we will be discussing as a Board.

As you will have seen on the website that Inez Cole, one of our five founding members, passed away in May. From all accounts Inez was a driving force behind the establishment of CB55+ so we all owe her a great debt of gratitude. A Memorial Tea, attended by family and friends, was held at the Centre to recognize her outstanding contributions, organized of course by Val Baba.

We start a full slate of programming in September, which is nearly upon us. I hope you are able to find something that peaks your interest and take advantage of dropping by the Centre to meet friends and socialize. It's a great place to be!

David Docherty

**The Tenth Anniversary Celebration
of the Cordova Bay 55+ Association
will take place on Tuesday,
December 2 during Tuesday Drop-
in! Watch for upcoming details!**



WHAT'S BEEN HAPPENING AT CB55+?



Canada Day Celebrations



Yum Yum!!
Strawberries & Waffles



Ann getting the tea ready for On the Go Again!



Mike and Mary dancing to the Big Band

Planning, planning, planning!



Honouring Inez



The Annual BBQ! Well done, Men!



OTGA at Pierre's Garden

THEATRE and MUSIC

Wed., Sept. 24, "The Rez Sisters" Belfry Theatre, \$28 ea. (A story about 7 women who leave their reserve to go to Toronto for the biggest Bingo in the World) Touching and exuberant!!!

Tues, Oct. 14, "Pride and Prejudice", Langham Court, 2/1 \$30 (\$15 ea.)

Watch for a signup list for "Gaslight", Blue Bridge Theatre, Oct., approx. \$30.

Sun., Nov. 23, "Camelot", 2:30. Tickets \$55. Victoria Symphony & Pacific Opera.

Contact Hazel Bowman (658-5928) for theatre and music information.

TRAVEL

Sun., Sept. 28 - Sign-up sheets for Saanich Heritage Bus Tour & Tea (12:30 - 4:30).

Fri., Oct. 10 - Port Angeles Crab Festival (approx. \$55 US).

Nov. 17 - 20 - Whistler Trip (\$749 includes accommodation, transportation, meals and entertainment). Sign-up sheet in lounge.

Contact Pauline Cohen (381-8120) or Helen Maxwell (658-0794) for travel info.

FUNDRAISING AND VOLUNTEERING

The current Thrifty Foods Smile Card fundraising program runs until April 2015, with a maximum of \$2500. The funds raised this year will be used to purchase a defibrillator for CB Place, as well as training of volunteers on the proper use of this equipment. Every time you use your Smile card at Thrifty's, we receive 5% of the purchase. If you shop at Thrifty Foods and don't have a Smile card, please stop by the CB55+ office and get one!

We are #2 on the SPIRIT BOARD for Tru Value Foods "Give Back to the Community" fundraising program. At the check-out counter, tell the clerk that you wish your donation to go to CB55+ or #2, and Tru Value will donate 1% of your purchase to CB55+. To date, Tru Value has donated over \$3000 to us since the store opened at Sea View Plaza in Cordova Bay.

CB55+ Board Of Directors

2014/2015

EXECUTIVE DIRECTORS

Dave Docherty	President/Governance	250-658-8303
Louise Parton	Vice Pres /Governance	250-658-8462
Rich McMorran	Past President/Governance	250-658-5085
Joan Shimizu	Secretary/Governance	250-658-1874
Chris Carter	Treasurer/Governance	250-658-3517

DIRECTORS

Doris Brix	Services/Volunteers	250-479-7420
Diane Cowden	Services/Website	250-477-4571
Andrea Lindsay	Services/Office	250-477-4577
Helen Maxwell	Programs/Travel	250-658-0794
Pat Bancroft	Programs/Courses	250-380-2411
Rikki Bowman	Programs/Groups	250-382-6197
Velma Minckler	Services/Membership	250-658-8987
Jamie MacKenzie	Services/Facility Use	778-440-6566
Mike Mooney	Services/Facilities Main.	250-658-4801
Tom Wood	Director at Large	250-477-1682

Mark your calendars for the Annual Christmas Craft Fair, put on by the Studio Group, to be held on Saturday, Nov. 1, from 10:00 to 3:00 pm. Limited tables are available to CB55+ members (\$20) and non-members (\$25) who would like to display and sell their crafts. Contact Sheila Woloshyn at 250-658-0756 or Maura Dunn (250-652-2650) for more information or to book your table. Volunteers are needed to help with set-up and other tasks for this popular event!

BLUE HERON CAFE NEWS

Over the summer the cafe offered lunch on Wednesday, and coffee and baked goods on Mondays, and Thursdays. The delicious lunches and goodies were all prepared by CB55+ volunteers, and served between 20 and 40 people each week. Specials included panini, quesadillas, and quiches. Our fresh bread comes from Bond Bonds bakery with supplies from our neighbor Tru Value and a bit further away For Good Measure. Oughtred supplies our coffees and teas.

NOTE: There will be **NO** lunch service on Sept. 3, but lunch will be available on the other Wednesdays in September, with the last Wednesday service on Sept. 24. Starting Monday, October 6, the weekly lunch service will be offered on Mondays instead of Wednesdays. Please come early to avoid interfering with classes starting at 1:30 pm.

On Sept. 24, 9:00 - noon, The Blue Heron Café will be sponsoring Sharp and Sharper. Ken Knutson will set up his truck near the courtyard area and will be available to sharpen knives, scissors, fabric shears, clipper heads, pet clippers and secateurs. His prices are competitive and reasonable. Please bring your items wrapped and identified with your name. We hope that you will support this endeavour.

Thanks to our many wonderful cafe volunteers! We would be so happy to have more members join our team to continue to expand this exciting cafe service. If you are interested in becoming part of our team for lots of fun and learning, please contact Marilynne at m.convey@shaw.ca

GROUP	DAY	TIME	ROOM	LEADER	NOTES
Blue Heron Singers	Thursday	2:30 - 4:00	Big Room	Pat Robertson 479-4271	Starts Sept. 18
Bridge - Drop-In	Wednesday	1:00 - 4:00	Seaside Room	Rene Johnson 708-0017 Alice Neuman 658-5015	Starts Sept. 10
Creative Writing	Friday	10:00 -11:15	Studio	Jane Phillpotts JEP@shaw.ca	Starts Sept. 12
Cribbage	Wednesday	1:00 - 3:00	Courtyard Room	Lindie Schwartz 658-1940	Starts Sept. 10
Family History	First Tuesday	1:00 - 3:00	Studio	Diane Anderson 477- 8255	Oct. 7, Nov. 4, Dec. 2
Garden Group	Last Thursday	1:00 - 2:30	Studio	Duana McHugh 658-6775	Sept. 25, Oct. 30, Nov. 27
Hiking Group	Friday	8:50 - 12:00	Lochside Park	Mike Bonnor 370-2212	Starts Sept. 5
Hotshots	Monday	10:00 - 12:00	Badminton Hall	Michael Phillips 658-2702	Starts Oct. 6
Mah Jong	Friday	2:00 - 4:00	Studio	Mary Horton 658-4801	Starts Sept. 5
Men's Fitness	Monday Wednesday	8:30 - 9:25	Big Room	David Docherty 658-8303	Starts Sept. 3 Starts Sept. 8
Men's Group (GHOTH)		day trips	Community Outings	David Docherty 658-8303	Contact Leader
On The Go Again	Friday	1:30 - 3:30	Big Room	Bobbi Johannessen 658-8824	Starts Sept. 5
Digital Photos (formerly Photo Grp.)	Monday	1:30 - 3:00	Lounge	Diane Cowden 477-4572	Oct. 6, 20, 27
Pickle Ball	Wednesday	4:00 - 6:00	School Gym	Ed Bancroft 380-2411	Starts Sept. 3
Poker Group	2nd Tuesday	2:00 - 4:00	Studio	Carol Didier 658-8444	Sept. 9, Oct. 14, Dec. 9
Stretch & Strength	Monday Thursday	9:30 - 10:30	Big Room	Irene Timms 479-7182	Starts Sept. 4 Starts Sept. 8
Studio Group	Wednesday	1:00 - 4:00	Studio	Maura Dunn 652-2650	Starts Sept. 3
Table Tennis	Thursday	1:00 - 1 :45	Big Room	Elfie Irwin 744-4732	Starts Sept. 18

GROUP NEWS

We are fortunate to have so many groups to join!! If you want more information about any of the above groups, please contact the group leaders or check the group descriptions on the bulletin board.

On the Go Again - This popular group returns to the weekly schedule on Friday Sept. 5th at 1:30 pm. This program appeals to members who, due to compromised mobility, hearing or vision, function better in a smaller group. Drivers and helpers are always welcome.

Family History - Need motivation to start or do more with your Family History research, documentation and photographs? The first meeting of this group begins Tuesday, October 7 from 1:00 to 3:00 in the Studio. Contact Diane Anderson, 250-477-8255; anderson.diane@me.com for more info.

FALL COURSES

CB55+ Courses - Descriptions follow on page 6. With over 400 members, space is limited, so please register early at the CB55+ office between 9:00 - 2:30 on weekdays (cash or cheques only).

Beginner Ballroom Dancing Partner Required	Big Room \$35/4 or \$10/session Monday - 1:30 - 3:00 pm (Oct. 6 - Waltz, Oct. 20 - Jive, Oct.27 - Cha Cha, Nov. 3 - Fox Trot)	John DePfyer
Watercolor Painting	Studio \$160/8 sessions or \$20/session Monday - 1:30 - 4:00 pm (Oct. 20 - Dec. 8)	Joanne Thomson
Christmas Greenery Workshop	Big Room \$35 Monday - 1:00 - 4:00 (Dec. 15)	Betty Foote
Beginner's Stained Glass	Studio - \$30/session Wednesday - 9:30 - 11:00 a.m. (Oct. 1 - 29)	Dennis Brady
Ancestry.com Workshop	Lounge - No Fee Thursday, 1:30 - 2:30 (Sept. 25)	Helen Ayers
Mah Jong Beginner	Studio - \$20/3 Thursday, 1:00 - 3:00 pm (Oct. 2 - 16)	Leslie Thomson/Mary Horton
Mushroom Identification Workshop	Studio - \$10 Thursday, 1:00 - 2:30 pm (Oct. 23)	Shannon Berch
Tea Cup Reading Workshop	Studio - \$15 Thursday, 1:00 - 3:00 pm (Nov. 13 OR Nov.20)	Marj Rushmer

Saanich Courses (To register, members must contact Saanich at 250-475-7600, or online - www.saanich.ca), and cite the registration # for the course they are interested in.

Chair Yoga	Big Room - 8/\$40 #613608 Tues., 2:00 - 2:45 pm (Sept. 9 - Oct. 28)	Tessa Rae Hamelin
Gentle Yoga	Big Room - 8/\$59 #613604 Tues., 3:00 - 4:00 pm (Sept. 9 - Oct. 28)	Tessa Rae Hamelin
Gentle Yoga	Big Room - 7/\$51 #613606 Sun., 2:00 - 3:00 pm (Sept. 14 - Oct. 26)	Tessa Rae Hamelin
Hatha Yoga	Big Room - 8/\$59 #613554 Thurs., 7:15 - 8:15 pm (Sept. 11 - Oct. 30)	Tessa Rae Hamelin
Line Dancing	Big Room - 7/\$52 #624362 Fri., 10:00 - 11:15 am (Sept. 19 - Oct. 31)	Vicki McCulloch
Zumba Gold	Big Room - 7/\$64 #624546 Thurs., 11:00 - 12:00 pm (Sept. 18 - Oct. 30)	Studio VZF

INTERGENERATIONAL PROGRAMS

These programs are on hold until school starts.

CB55+ COURSE DESCRIPTIONS: Come and Learn something new! For further info. on the courses below, contact Pat Bancroft at patbancroft@telus.net or 250-380-2411.

Ballroom Dancing: Energize your mind, body and soul by learning Ballroom and Latin dancing from John de Pfyffer, voted best for dance lessons in Victoria for the last 5 years. John has taught thousands of Victorians to dance since he formed the UVic Ballroom Dance Club in 1986. He is also a founding member of the Victoria Ballroom Dance Society, the main instructor at Swing City and he runs his own studio. Students return to his classes year after year because of his enthusiasm, attentive style and his sense of humour. Minimum 12 students. Please note: Partner is required.

Watercolour Painting: Join artist, Joanne Thomson, for eight weeks of watercolor lessons taught at two levels; one to gently introduce beginners and another to nudge more advanced students. You will learn about color, brush control, washes, and more important, how to keep play in the process so that painting is a joy and a pleasure. Supplies: two round brushes and others if you have them, a small board to which to tape your paper, masking tape, a palette with many mixing areas, a water container, and paper towels, three colours of Windsor Newton artist quality -- Red, Blue (green shade rather than red shade) and Cadmium Yellow. For intermediate students, bring the colours you have. If not sure, you can rent for \$5 a session, the equipment you need for the first three weeks. Minimum 6 students.

Christmas Greenery: Using native BC boughs, greens, and cones, join acclaimed wild crafter Betty Foote in a relaxed and productive afternoon creating fragrant swags, garlands, wreaths, and centre pieces. This workshop is informative, fun and interactive and you will leave with heaps of natural decorations for your entire home at an incredible savings -- all made by your own ingenuity. Hand making is a wonderful way to bring meaning, focus and beauty to the holiday. Min: 15, max: 20 students. All supplies provided.

Beginner's Stained Glass: Dennis and his two sons own DeBrady Glassworks, Victorian Art Glass, and Glass Campus. The first project will be a small panel design created specifically for beginners that includes both foil and lead so you will learn both basics at the same time. Future projects are your choice and could include a lamp, window, sun-catchers, and/or Christmas ornaments. Students progress at their own rate. Supplies for the five sessions will be approximately \$50.

ancestry.com: Ancestry.com is the world's largest on-line resource for family history. CB55+ has purchased access to billions of digitized and indexed historical records with a one year trial subscription. Learn how to access and research your family history by attending this 1-hour orientation. Contact Diane Anderson for further information at anderson.diane@me.com 250-477-8255.

Mah Jong Beginner's: This course will cover the basics: setting up the tiles for play, identifying the different suits (Characters, Bamboo, Circles, Winds, Dragons), learning how to draw and discard tiles to create Pungs, Kongs, Chows, and ultimately "go Mah Jong". The reference book for the course is called "Mah Jong, Anyone". It is a manual of western play and is strongly recommended that participants purchase a copy. The authors are Kitty Strauser and Lucille Evans.

Mushroom Identification: This course is about basics of mushroom identification. Participants are invited to bring in mushrooms for this intro to mushroom identification. A number of local mushrooms are edible and delicious; some are poisonous, and many of little culinary value. They are beautiful, elusive and mysterious to many. At the end of this class, you will be more familiar with how mushrooms are identified and with some of the most important local edible and poisonous species.

Teacup reading: Have you ever wondered if Tea Leaves could talk? Come and learn HOW. Your instructor will demonstrate a reading, then you can have great fun reading a fellow participant's cup after sipping your cup of tea. Bring a magnifying glass along if you wish....it can make it a bit easier to see the symbols. Maximum 12.

MEMBERSHIP

The cost for a 2014 membership until the end of December is only \$20. In order to participate in all CB55+ activities, such as courses, groups, and special events, you must be a paid-up member.

BONUS: If you have turned 90 this year, your membership will be free in 2015 — you will become one of our “**Golden**” members!

BY THE WAY

A “Meet & Greet” is being planned on the afternoon of Monday, Sept. 29, for new members to DISCOVER all that CB55+ has to offer!!! Watch for upcoming details on the website and at the Centre!

*Welcome back,
everyone!
Happy Autumn!*



REMINDERS

The Centre is open from 9:00 to 4:00 pm, Monday to Friday, except for statutory holidays, such as Thanksgiving and Remembrance Day.

The CB55+ Office is open every weekday from 9:00 to 2:30 pm.

The Blue Heron Cafe is open from 9:00 to 3:00 Monday, Tuesday and Thursday, and Wednesdays, until 2:30.

The Blue Heron News comes out four times per year. The Winter edition will be out in December. Check our website for up-to-date information.

<http://www.cordovabay55plus.org>

DROP-IN TUESDAY SCHEDULE

Big Room, 10:00—11:30 am

Speakers are subject to change, so check the website

SEPTEMBER

- | | | |
|-------|----|---|
| Sept. | 2 | Corn Roast & Potluck lunch |
| | 9 | “Living To 100 and Beyond” - Frank Moore |
| | 16 | “Future Ideas With Technology” - Pamela Bishop |
| | 23 | B.C.’s Responsible & Problem Gambling Program - Adam Hall |
| | 30 | Technology for Seniors/Staying Safe Online - Alan Perry |

OCTOBER

- | | | |
|------|----|---|
| Oct. | 7 | “Ocean Acidification” - Dwight Owens |
| | 14 | Armchair Travel - Morocco - Pat and Ed Bancroft |
| | 21 | “Glimpses of the Past: Stories from around Saanich Inlet” - Maureen Alexander |
| | 28 | Hallowe’en – Target Theatre |

NOVEMBER

- | | | |
|------|----|--|
| Nov. | 4 | “The Best Soldier’s Wife” – Post Traumatic Stress Disorder - Katrin Horowitz |
| | 11 | CENTRE CLOSED |
| | 18 | Armchair Travel – “Australia, A Small, Short Snapshot” - Rand Harrison |
| | 25 | Pending |

DECEMBER

- | | | |
|------|----|---|
| Dec. | 2 | CB 55+ 10th Anniv. Celebration and Christmas Luncheon |
| | 9 | Blue Heron Singers Concert |
| | 16 | Victoria’s Current Christmas Traditions |

CB55 + Weekly Activity Schedule
 (Check website for updates - <http://cordovabay55plus.org>)

Fall 2014		Seaside	Courtyard	Studio	Cafe/Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 9:25 Stretch & Strength 9:30-10:30			Cafe open at 9:00; Cafe lunches start Oct. 6	Hot Shots Badminton Hall 10:00 - 12:00
	pm	Ballroom Dancing 1:30 - 3:00 Oct. 6 - Nov. 3 Christmas Greenery Workshop 1:00 - 4:00 Dec. 15		Digital Photos 1:30 - 3:00 Oct. 6, 20, 27 Watercolour Painting 1:30 - 4:00 Oct. 20 - Dec. 8	Cafe closes after lunch while classes are on Oct - Dec	
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30			Cafe open at 9:00	
	pm	Chair Yoga 2:00 - 2:45 Sept. 9 - Oct. 28 Gentle Yoga 3:00 - 4:00 Sept. 9 - Oct. 28		Family History 1:00-3:00 (1st Tue) Poker Group 2:00-4:00 (2nd Tue)	Cafe closes at 3:00	
Wednesday	am	Men's Fitness 8:30 - 9:25		Stained Glass 9:30 - 11:00 Oct. 1 - 29	Cafe open at 9:00; lunches in Sept. only	
	pm	Drop-In Bridge Group 1:00 - 4:00	Cribbage Group 1:00 - 3:00	Studio Group 1:00 - 4:00	Cafe closes at 2:30	Pickle Ball School Gym 4:00 - 6:00
Thursday	am	Stretch & Strength 9:30 - 10:30 Zumba Gold 11:00 - 12:00 Sept. 18 - Oct. 30		Board Meeting 10:00 - 12:00 (2nd Thursday)	Cafe open at 9:00	
	pm	Table Tennis 1:00 - 1:45 Blue Heron Singers 2:30-4:00 Hatha Yoga 7:15 - 8:15 pm Sept. 18 - Oct. 30		ancestry.com 1:30 - 2:30 Sept. 25 Mah Jong Beginners 1:00 - 3:00 Oct. 2 - 16 Mushroom Ident. 1:00 - 2:30 Oct. 23 Teacup Reading 1:00 - 3:00 Nov. 13/20	Garden Group 1:00 - 2:30 (last Thursday in Studio and Lounge) Cafe closes at 3:00	
Friday	am	Line Dancing 10:00 - 11:15 Sept. 19 - Oct. 31		Creative Writing 10:00 - 11:15		Hiking Group Lochside Park 8:50 - 12:00
	pm	On the Go Again 1:30 - 3:30		Mah Jong 2:00-4:00		