



# Blue Heron News

## Cordova Bay 55 Plus Association

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### WHAT'S COMING UP

- Wed., Sept. 20 - The Roost Farm Tour, \$10, carpooling at 9:30 am
- Mon, Sept. 25-Oct. 30 - Arthritis InServices, FREE, 1:00 - 3:00 pm
- Thur., Oct. 26 - Heritage Acres Tour, \$10 includes tour, coffee, and muffin, 10:00 am
- Wed., Nov. 15 - Tour to Coast Collective Art Centre, \$12 includes tour and lunch at Jasmine's, 10:30
- Tues., Dec. 5 - Christmas Luncheon at the Beach House
- Sat., Dec. 9 - Christmas Spectacular, McPherson Theatre, \$51, 7:00 pm
- Tues., Dec. 12 - Blue Heron Singers Christmas Sing, Big Room, 10:00 am

## PRESIDENT'S MESSAGE

The Centre was open through July and August with lots of activity. Fitness and Osteofit classes continued all summer, as well as many special interest groups. Many thanks to the members who helped with these activities. Your efforts and support are appreciated. The annual BBQ, hosted by the Men's Group, was again a successful event, serving 140 members a delicious lunch. The first, in a long time, car rally, was an experience! Ten cars, filled with members, headed out on a circuitous route around the peninsula to Sidney and back to the Centre. Along the way there were 47 check-points with instructions to negotiate the 3 ½ hour route. At the end of the rally, members enjoyed a scrumptious celebratory lunch, compared experiences, and congratulated the winning team. Same time next year????!!

Being aware of our growing membership, the Board has formed a committee to see if the current space fits our needs, now and in the future. Meetings are taking place with Mick Phillips, a member who took a lead role in the original addition to the building, Saanich Community Recreation Services, Kelly Uraii, the Principal of Cordova Bay School, and the Director of Facilities of School District #63. The Governance Committee also met over the summer to review the organizational structure of CB55+. Hope you enjoy the final days of summer and I look forward to seeing you soon!  
Louise Parton

We are grateful to the following businesses for their generous donations at our recent car rally:

- |                               |              |
|-------------------------------|--------------|
| Mattick's Farm Restaurant     | Bin 4        |
| Food for Good Measure         | The Shieling |
| The Village Restaurant        | Il Terrazzo  |
| Sunday's Snowflakes           | Lot 1        |
| Blighty's Bistro              | Pure Day Spa |
| The Gallery at Mattick's Farm | Peppers      |
| Cordova Bay Ridge Golf Course |              |



John Parton  
Stuart MacPherson  
Ruth Holmes  
Andrea Lindsay  
**2017 Road Rally Winners**

## THEATRE AND MUSIC

**Saturday Sept. 16** - "Jeeves takes a Bow", Chemainus Theatre, carpooling 9:30, return 5:30 pm. Tickets are \$38.00 or \$59.00 for the centre seats.

**Saturday, Oct. 7** - "The Girl in the Goldfish Bowl" - Langham Theatre, matinee. This play is about a pre-teen girl, her parents' divorce and a mysterious stranger who turns up. Tickets are \$21.

Details for other upcoming Fall theatre events will be on the website. For all productions, register at the office asap. Contact Hazel Bowman for more information (658-5928 or email: [hibow@shaw.ca](mailto:hibow@shaw.ca)).

## SPECIAL EVENTS

**"The Roost" Farm Tour** - Wednesday, September 20, \$10/person. Register at the CB55+ Office by Tuesday, Sept. 12. Carpooling at 9:30 am. The Roost is a 10-acre farm in North Saanich, where many items are grown and used to produce the food that they serve in their restaurant. The wheat grown is milled on-site to make their delicious breads. They also have a unique vineyard, sheep, and blueberries. There will be an opportunity to purchase coffee and goodies following the tour.

**Arthritis In-Services** - will be held on Mondays, September 25 - October 30, 1:00 to 3:00 pm. Deadline for registration is Tuesday, Sept. 19. Sign up in the pink folder in the Lounge for one or all of these informative sessions. These in-services are **free** to members. Topics include the following:

- Sept. 25 - Understanding Arthritis
- Oct. 2 - Managing Chronic Pain
- Oct. 16 - Exercise Control over your Arthritis
- Oct. 23 - Tips, Tricks, and Tools
- Oct. 30 - Medication and Arthritis

**Heritage Acres Tour** - Thursday, October 26, 10:30 am, \$10/person for tour, coffee, and muffin. Maximum: 35 people. Deadline for registration at the Office is Tuesday, Oct. 17.

**Coast Collective Art Centre Tour** - Wednesday, November 15, 10:30 am, \$12/person for tour and lunch at Jasmine's Restaurant. Maximum: 30 people. Register at the Office.

**Yellow point Christmas Spectacular** - Saturday, December 9, 7:00 pm, at McPherson Theatre. \$51/person. Deadline for registration is Friday, Sept. 8, at the Office. For further information, contact Pat Bancroft at [patbancroft@telus.net](mailto:patbancroft@telus.net).

## BLUE HERON CAFE NEWS

**Wednesday lunches are starting again this fall!** The capable CB55+ kitchen staff will be serving lunch on Sept. 13 and 20. The menus are listed below:

Sept. 6 - No Lunch (however, Pavlova and "Welcome Back" cake will be offered after Tuesday Drop-In on Sept. 5 to celebrate New Zealand's famous dessert!!)

Sept. 13 - Grilled Ceasar Chicken Wraps, Assorted Veggies, and Apple Shortcake with cream.

Sept. 20 - Greek Spinach Melts, Roasted Yam Salad, and Lemon Squares

Sept. 27 - Stelly's School will provide lunch. Menu to be announced once school starts.

All lunches are still only \$7, and tea or coffee \$1. If you would like to help in the kitchen, please see Helen Maxwell. Volunteers are very welcome!

## INTERGENERATIONAL PROGRAMS

The Intergenerational Program provides opportunities for CB55+ members and the school students to participate in activities of mutual interest. Dates will be announced in late September, once the school timetable is established. Current IG programs are listed below:

IG Activities, coordinated by Diane Cowden run in the fall and winter school terms. The time for volunteers is 11 am to 12 noon. Examples of activities are Lego, games, cooking, etc.

Support a Reader, coordinated by Von Bishop, pairs CB55+ members with students for reading.

Pickle Ball Clinics, coordinated by Ted Dobie, are for grades 4-5 in their PE time. Volunteers are members of the Pickle Ball Group.

IG Photography, coordinated by Brent Carberry, is planned for this coming school year.

If there is someone who would like to coordinate a chess group for the students or if you have any other suggestions, please get in touch with Diane Cowden at [d.cowden@me.com](mailto:d.cowden@me.com).

### REMEMBER WHEN ...

For at least 6 years, our first get-together in September was a corn roast held at the Johnston's home on Noble Road. Members were graciously and generously welcomed to a potluck lunch at Bernie Johnston's son's beautiful waterfront home. It was our first gathering after the summer break, leaving the school parking lot to parents with children returning for the first day of school.

Bernie Johnston, who passed away in 2013 at the age of 98, was instrumental in facilitating the use of her son's spacious kitchen to set out the many wonderful dishes that members had prepared. We bought a sack of corn from Silver Rill farm and we all joined in to shuck it for the big kettles on the outdoor stove - \$2 per ear of corn covered the cost. The venue was incredibly beautiful and members renewed acquaintances after the summer holidays.

The set-up was a lot of work for the men, who had to load Rich McMorran's truck with chairs and tables from the Centre and take them to Noble Road, and return them at the end of the day. The ladies made sure everyone had lots to eat. Our last corn roast at the Johnston's was Sept. 2, 2014. How fortunate we were to start our "year" in such a wonderfully warm way!



**CB55+ FALL GROUP SCHEDULE**

GROUP	DAY	TIME	ROOM	LEADER	NOTES
Art Goup	Monday	1:30 - 4:00	Studio	Jane Bishop 477-6206	Resumes Sept 11
Artisan Crafts	3rd Wednesday	7:00-9:00 pm	Studio	Barbara Wade 655-1295	Resumes Sept. 20
Blue Heron Singers	Thursday	2:30 - 4:00	Big Room	Pat Robertson 479-4271	Resumes Sept. 21
Book Club	4th Tuesday	1:30 - 3:30	Studio	Sue Jergens 479-2226	Resumes Sept. 26
Bridge - Drop-In	Monday Wednesday	9:00 - 11:00 1:00 - 4:00	Studio Big Room	Karen Bryan 896-1201 Orma Paton 658-4805	Year Round
Cribbage	Wednesday	1:00 - 3:00	Lounge	Lindie Schwartz 658-1940 Rikki Bowman 382-6197	Resumes Sept. 6
Digital Photography	1st & 3rd Friday	10:00 - 11:30	Studio	Diane Anderson 477-8255 Diane Cowden 477-4571	Resumes Sept. 15
Dominoes	3rd Tuesday	1:30 - 3:00	Studio	Rikki Bowman 382-6197	Resumes Sept. 19
Family History	1st Tuesday	1:00 - 3:00	Lounge and Studio	Diane Anderson 477-8255	Resumes Oct. 3
Hiking Group	Friday	8:50 - 12:00	Fowler Rd. parking lot	Stew Arnold 721-2870	Year Round
Hotshots	Monday	10:00 - 11:30	Badminton Hall	Lorne Brack 479-8689	Oct. 2 - Nov. 27 (No class on Oct. 9)
Mah Jong	Friday	1:30 - 4:00	Studio	Mary Horton 658-4801 Glenda Kirk 658-1260	Year Round
Men's Fitness	Monday & Wed.	8:30 - 9:25	Big Room	David Docherty 658-8303	Year Round
Men's GHOTH	Various Days	day trips	Off-site	David Docherty 658-8303	Contact Leader
On The Go Again	Friday	1:30 - 3:30	Big Room	Bobbi Johannessen 658-8824 Gwen McPherson 658-5451	Resumes Sept. 15
Pickle Ball	Tuesday Monday	1:30 - 3:30 1:30 - 3:30	Comm. Place Tolmie Park	Ed Bancroft 380-2411 Ted Dobie 477-5066	Resumes Sept. 19 Weather Dependant
Poetry Reading	1st/3rd/ 4th Thurs.	10:00 - 12:00	Studio	Ron Marken 778-265-9949	Resumes Sept. 21
Studio Group	Wednesday	1:30 - 4:00	Studio	Maura Dunn 652-2650	Year Round
Ukulele Group	Wednesday	11:15 - 12:15	Seaside Room	Carolyn Acs 388-0354 Pat Carfra 479-9118	Year Round
Walking Group	Friday	9:30 - 11:00	Various Trailhead	Pat Bancroft 380-2411	Year Round
Walking with Dogs	Friday	9:15 - 11:30	Various Trailheads	Christine Smith 727-8544	Year Round
Wednesday Night Games	2nd & 4th Weds.	7:00 - 9:00	Lounge	Brenda Hurd 658-6484	Year Round

## GROUP NEWS

**Blue Heron Singers** - We enjoy singing a wide variety of familiar and new songs together, 2:30-4:00 pm on Thursday. We warmly welcome returning and new members as our CB55+ Choir begins our tenth year on September 21. Come any time after 2:00 pm, to meet other Choir members and find out more about our Choir. Everyone is welcome to check us out - anytime! If you have any questions, especially if you are thinking of joining us, please call Pat Robertson at 250-479-4271.

**Family History Group** - resumes Oct. 3 at 1 p.m. Join other family history buffs, experienced and novice, to learn more about navigating offline/online resources and creating lasting memories through family trees, books and/or hosting family gatherings. Participants share their struggles and successes in genealogical research while learning about life in the times of their ancestors. Field trips to local and provincial archives, guest speakers, and information about local genealogy workshops keep members informed. Contact Diane Anderson, 250-477-8255, [anderson.diane@me.com](mailto:anderson.diane@me.com)

**Walking Group** - this group meets weekly at 9:30 am on Friday. We enjoy a pleasant 60-90 minute walk in local and rural areas and conclude the walk with coffee and conversation. Walks are led by members of the group. Contact Pat Bancroft at [patbancroft@telus.net](mailto:patbancroft@telus.net) or Margaret Bates at [margaretbates@shaw.ca](mailto:margaretbates@shaw.ca).

**Pickle Ball** - players have been active over the summer, with outdoor play at Tolmie Park on Monday and indoor play at Commonwealth Place on Tuesday. A highlight was a series of clinics at Tolmie Park conducted by a Guest Coach who provided excellent instruction on more advanced strategies and skills. Indoor Pickleball will resume at Commonwealth Place on Sept. 19 from 1:30-3:30 on Tuesdays. Players are welcome to continue playing outdoors at Tolmie Park on Monday afternoons while the good weather lasts. In the new year we plan to continue the IG Pickleball Program with Grade 4-5 students of Cordova Bay School.

**Poetry Group** - In September, we will begin a discussion of the great Irish poet, William Butler Yeats. I will make a set of Yeats' poems available to group members, via email. We heartily invite everyone to attend our meetings, veterans and newcomers alike. If you love poetry, if you hate poetry, if you were bruised by poetry in high school, if you write poetry, or if you think poetry is just a waste of time, you are exactly the person we want to see. This is not a Creative Writing Class.

**Happy Strummers** - invite all ukulele enthusiasts to join us Wednesday mornings, 11:15 - 12:30. Playing with others is fun and enriching. A beginner's course is planned in the new year. Contact Carolyn Acs at 388-0354 or Pat Carfra at 479-9118 for more information.

**Digital Photography** - resumes on Friday, Sept. 15 at 10 am. Bring your best photos on a flash drive from June's Oak Bay Marina photo shoot. If you don't have those, bring a few other photos from summer or just enjoy the show. If you are curious about us, we're small but friendly, and we share our enjoyment of this hobby by learning to improve our photographic and editing skills. Learning to use photographs to create projects such as books or presentations is on the agenda for this year. Novice and experienced photographers are welcome. Contact Diane Anderson at [anderson.diane@me.com](mailto:anderson.diane@me.com) or Diane Cowden at [d.cowden@me.com](mailto:d.cowden@me.com).

**Book Club** - September's book choice is The Evening Chorus, by Helen Humphries, followed by The Underground Railroad, by Colson Whitehead for October, and The Book Thief, by Marcus Zusak, in November. We are going for a Christmas luncheon in lieu of December's meeting. We have had some great discussions and a lot of laughs and sharing of stories!

**Dog Walking Group** - walks every Friday for about 1 1/2 hours at various dog-friendly locations: Beaver and Elk Lakes, Horth Hill, Island View Beach, and Thetis Lake, to name a few. Currently, we are a group of five members with ten dogs. We all get along well and are all off-leash! We welcome any member and their dog(s) who would like to join us. We are a fun group and we don't walk too fast. We like to go for coffee after the walk if we have time.

**Wednesday Evening Games** - On the 2nd and 4th Wednesdays of each month, from 7:00 to 9:00 pm, members can drop in to play some board games, cards, table tennis - whatever people want to play! Instead of watching tv at home by yourself, come and stimulate your mind and socialize with others. It's great fun!

**FALL CB55+ COURSES** - No classes are planned until the new year. Check the Winter BHN.

**FALL SAANICH COURSES** - Call Saanich Recreation at 475-7600 to register:

**NEW Beginner's Yoga**

849804	Thursday, Sept. 14 - Oct. 26	11:00 - 12:00	7/\$56	Instructor: Emily Becker
849854	Thursday, Nov. 2 - Dec. 14	11:00 - 12:00	7/\$56	

**Gentle Yoga**

846104	Tuesday, Sept. 12 - Oct. 31	3:00 - 4:00 pm	8/\$64	Instructor: Tessa Rae Hamelin
846105	Tuesday, Nov. 7 - Dec. 19	3:00 - 4:00 pm	7/\$56	

**Hatha Yoga**

846110	Monday, Sept. 18 - Nov. 6	5:00 - 6:00 pm	7/\$56	Instructor: Christina Corazza
846111	Monday, Nov. 13 - Dec. 18	5:00 - 6:00 pm	6/\$48	
850754	Wednesday, Sept. 20 - Nov. 1	4:30 - 5:30 pm	7/\$56	
850755	Wednesday, Nov. 8 - Dec. 13	4:30 - 5:30 pm	6/\$48	

**Tessa Rae Yoga**

846108	Thursday, Sept. 14 - Oct. 26	7:15 - 8:15 pm	7/\$56	Instructor: Tessa Rae Hamelin
846109	Thursday, Nov. 2 - Dec. 14	7:15 - 8:15 pm	7/\$56	

**Line Dancing**

837756	Friday, Sept. 8 - Dec. 15	10:15 - 11:30	15/\$110	Instructor: Vicky McCulloch
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**ON-GOING CB55+ ACTIVITIES** (Registration and payment is necessary for these activities)

**Osteofit:** Wednesday, 10:00 - 11:00 am and Friday, 9:00 - 10:00 am, Courtyard Room. 10/\$60

Kay Inamura, **Certified Osteofit Instructor**, aims to provide safe and gentle exercises stressing fall prevention and balance by strengthening muscles, improving coordination, good posture and flexibility. These classes are not only for members who have been diagnosed with osteoporosis, but for anyone wishing to maintain good health and gain confidence and independence for daily activities, and to improve quality of life. Come and join this fun group.

**Women's Fitness:** Monday, 9:30 - 10:30 and Thursday, 9:30 - 10:30, Big Room. 10/\$60

Join Viera Janco for a full body workout, starting with 15-20 minutes of easy warm-up exercises, followed by aerobics, and then resistance training. These exercises are designed to increase strength and flexibility and improve balance and co-ordination. Each class finishes with a relaxing full-body stretch.



### CB55+ Board Of Directors 2017

#### EXECUTIVE

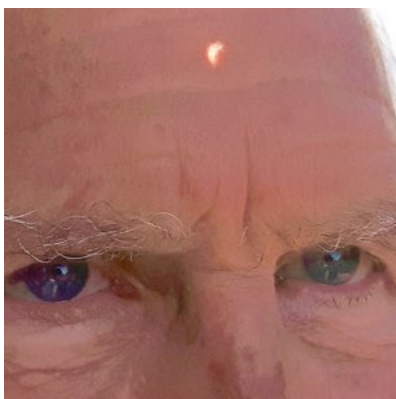
Louise Parton	President/Governance	658-8462
Sue Melrose	Vice Pres /Governance	727-7276
David Docherty	Past President	658-8303
Stew Arnold	Secretary/Governance	721-2870
Chris Carter	Treasurer/Governance	658-3517

#### DIRECTORS

Doris Brix	Services/Volunteers	479-7420
Andrea Lindsay	Services/Office	477-4577
Helen Maxwell	Services/Kitchen	658-0794
Rikki Bowman	Programs/SIG	382-6197
Velma Minckler	Services/Membership	658-8987
Mike Mooney	Services/Facility	658-4801
Tom Wood	Director at Large	477-1682
Sue Williams	Director at Large	361-6647
Von Bishop	Services/IT Coord.	477-6206

### MEMBERSHIP

The CB55+ membership fee is now only \$20.00 until the end of 2017. Please pay at the Office.



Did you catch the eclipse (without the lips? (Guess who?)

### DROP-IN TUESDAY SCHEDULE

Big Room, 10:00—11:30 am

#### SEPTEMBER

- Sept. 5 Armchair Travel - New Zealand - Bob Crosby
- 12 Concussions - What's New and What To Do - Devon Cochrane
- 19 Sheringham Point Lighthouse - John Walls & Peter Johnson
- 26 Armchair Travel - Three Memories of Africa - Hazel Bowman

#### OCTOBER

- Oct. 3 Back Health - Dave Docherty
- 10 Valerie Green - Author
- 17 Armchair Travel - Ups & Downs in the Tyrol - Mick Phillips & Anne McCarthy
- 24 Coastal Recordings - Art Vickers
- 31 How Ghost Stories Work & Why - UVIC

#### NOVEMBER

- Nov. 7 Great War Memorials of Canada - Alan MacLeod
- 14 The Cochran Collaborations - Alan Cassells
- 21 Sinking of the Queen of the North - Capt. Colin Henthorne
- 28 Vancouver Innovation Advanced Technology (VIATEC) - Georgia Cowell

#### DECEMBER

- Dec. 5 Christmas Luncheon - Beach House
- 12 Blue Heron Singers
- 19 Fun Meeting - Hazel and Pauline

### BY THE WAY

Do you know about the CB55+ Outreach Meal Program? This program provides short-term assistance with meals for members, which can be picked up at the Centre or delivered. We can also provide a list of companies that provide meals for a longer term. Call the office (250-658-5558) if you know of someone who could use our program, which is designed to complement, not replace, other CB55+ meal programs.

Watch for details on a **Flu Clinic** in October and a **Blood Pressure Clinic** in November at CB55+. The next BHN will be out at the beginning of December. In the meantime, check our website for up-to-date information: <http://cordovabay55plus.org>

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

SEPT.		Seaside	Courtyard	Studio	Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 9:25 am Women's Fitness 9:30-10:30 am		Drop-in Bridge 9:00 - 11:00 am		Hot Shots, 10:00-11:30 am Badm.Hall (Oct. 2)
	pm	Hatha Yoga 5:00 - 6:00 pm Sept. 18 - Nov. 6		Art Group 1:30 - 4:00 pm		Pickleball 1:30 - 3:30 pm Tolmie Park
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30 am				
	pm	Gentle Yoga 3:00 - 4:00 pm Sept. 12 - Oct. 31		Family History, 1:00-3:00 pm, 1st Tues. (Oct. 3) Dominoes, 1:30 - 3:00 pm, 3rd Tues. Book Club, 1:30-3:30 pm, 4th Tues.		Pickle Ball 1:30 - 3:30 pm Saanich Commonwealth Place (Sept. 19)
Wednesday	am	Men's Fitness 8:30 - 9:30 am Osteofit 10:00 - 11:00 am Ukulele Group 11:15 - 12:30			Blue Heron Cafe 11:30 - 12:45 pm	
	pm	Bridge Group 1:00 - 4:00 pm		Studio Group 1:30 - 4:00 pm Wed. Eve. Games 7:00 - 9:00 pm (Sept. 13 & 27)	Cribbage 1:00-3:00 pm	
Thursday	am	Women's Fitness 9:30 - 10:30 am <b>NEW</b> Beginner's Yoga 11:00-12:00 pm, Sept.14- Oct. 26		Board Mtg. 9:00 - 11:00 am, 2nd Thurs. Poetry Group 10:00-12:00 pm, 1st/3rd/4th Thur.		
	pm	Blue Heron Singers 2:30 - 4:00 pm Tessa Rae Yoga 7:15-8:15 pm, Sept. 14 - Oct. 26				
Friday	am	Osteofit, 9:00 - 10:00 am Line Dancing 10:15-11:30 am Sept. 8 - Dec. 15		Digital Photo 10:00 - 11:30 am, 1st & 3rd Fri.		Hiking Group - Fowler Park 8:50 Walking Grp 9:15 Walking with Dogs, 9:15 am
	pm	On the Go Again 1:30 - 3:30 pm		Mah Jong 1:30 - 4:00 pm		