



# 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. 3 - Corn Roast and potluck lunch at the Johnston Farm (1075 Noble Rd.) 11:00 - 2:00 pm

Sun., Sept. 15 - Saanich Heritage Tour and Tea, 12:30 - 4:30 pm

Sun. Sept. 29 - "Desdemona", Belfry Theatre, 2:00 pm

Sat., Oct. 19 - "Dracula", Chemainus Theatre, \$85 (lunch), 10:00 - 5:30 pm

Tues., Oct. 25 - "Harvey", Langham Court, 2/1 Night - \$15 each, 8:00 pm

Tues., Nov. 12 - Influenza Clinic (drop-in) 11:30 - 1:30, CB Place

Sat., Nov. 30 - "It's a Wonderful Life", Chemainus Theatre, \$85 (lunch), 9:30 - 5:30 pm

Sat., Dec. 7 - Yellowpoint Christmas Spectacular, \$55 (includes theatre & bus)



## PRESIDENT'S MESSAGE

This summer has been a busy time, with some regular activities continuing, as well as a few special events, which drew large numbers of members. I expect the Corn Roast will be just as well attended and enjoyable to start off autumn. Two annual June events, the Potluck Luncheon and the Garden Tour were both very successful, helped by great weather and the culinary talents of our members. We are thankful once again to Connie McKenzie, Bobbi and Don Johannessen, and Pauline and Peter Watkins for offering such wonderful venues for these events. In July, many members enjoyed the Waffles and Strawberries, and profits from this lunch helped the Community Kitchen group launch its first event. The Men's Group hosted its third BBQ in August, for over 120 members, with the addition of the Grillverado BBQ truck, kindly supplied by Jenner Motors. We were also treated to the wonderful kebabs prepared by our own Anand Prakash. To all the people who helped make these events such a success, a big CB 55+ thanks!

You may have noticed the four new disabled parking spaces at CB Place, that will help some of our members access the facility. In addition, the rough ground at the side of the pathway was also paved, which should keep it clear of debris. This project was paid for by CB55+, and thanks to Rich McMorran for initiating it and getting us a great deal! Mike Mooney also deserves thanks for helping in its completion.

Register early for those Fall courses that take your fancy, to ensure we have enough numbers to run them. The Tuesday Drop-in program has a great slate of speakers and activities. Also, the many special interest groups keep CB Place buzzing with activity and energy. As always, our appreciation goes to all those people who work so hard for your pleasure and enjoyment. Check the Blue Heron News for information on all upcoming events being offered this Fall, as well as our website for updates and changes.

Here's looking forward to another great season!

David Docherty

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Thanks, Dorothy, for initiating this marvellous Canada Day celebration!



Enjoying an outing at the Stanley Park Tea House



Beautiful flowers on the Garden Tour!



What's for sale at the Boot Sale?



What's cooking, Men?



Yum Yum! What a feast! Thanks to the Men's Group and all their helpers!



Have you checked out our new parking lot? It's snazzy and safe!

### THEATRE and MUSIC

Sun., Sept. 29, "Desdemona", Belfry Theatre, 2:00 pm. \$27. Carpooling at 1 pm at CB Place

Oct. 19 - "Dracula", Chemainus Theatre, 10:00 - 5:30, \$85/Lunch (\$65/no lunch) Register with Saanich #552304

Tues., Oct. 25, "Harvey", Langham Court, 8:00 pm, 2/1night - \$15 each. Carpooling at 7 pm at CB Place. If you are able to drive, we would really appreciate it.

Sat., Nov. 30 - "It's a Wonderful Life", Chemainus Theatre, 9:30 - 5:30, \$85/Lunch (\$65/no lunch) Register with Saanich #55230

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

### TRAVEL

Sun., Sept. 15 - Saanich Heritage Tour and Tea. Join author and historian Dave Obee for a guided tour of 1913 Saanich. This tour includes visits to the Wilkinson Jail and two heritage houses followed by a delicious tea at CB Place. Bus leaves Commonwealth Place at 12:30, returns at 4:30, \$30.00 + tax. Register with Saanich #548254.

Contact Pauline Cohen (381-8120) or Shirley Metters (477-5484) for travel info.

Sat., Dec. 7 - Yellowpoint Christmas Spectacular - music, dance, lights, decorations, minced pies, apple cider, and more! Bus leaves CB Place at 12:00, returns 8:00 pm (stop at restaurant at 5:30 - dinner not covered in cost). \$55 (theatre & bus) Contact Pat at [patbancroft@telus.net](mailto:patbancroft@telus.net)

## FUNDRAISING AND VOLUNTEERING

The Strawberries and Waffles event in July, was a great success and earned about \$100, which was targeted for the Community Kitchen program. Many thanks to Barb Belknap and all the volunteers who prepared and served at this event. They all seemed to have a good time while they were working. The strawberries and waffles were delicious, people did not have to wait for a table, and the waffles were served in a timely manner. Everyone seemed to have a good time and this event was a great success! We hope to have more great lunches for our members this fall.

Keep using your Smile Card, because CB55+ receives a 5% donation from Thrifty's every time you use it. If you don't have a Smile Card, they are available at our office.

For those who are unaware, Tru Valu Foods in Cordova Bay also donates 1% of your grocery purchases each time you shop there. Our number is "2" to receive the credit. No card is required. Thank you for helping us with these fundraising programs.



### *Nearly New Sales*

These sales will occur during every Tuesday Drop-In, starting Tues., Sept. 10, 9:30 to 12:00. The funds from these sales goes to the Studio Group. We welcome "gifts" or donations for our sales table. If you wish to donate, please contact Roni at [ronifrey@shaw.ca](mailto:ronifrey@shaw.ca) or phone [250-361-3483](tel:250-361-3483). Do not drop off any items at CB Place without first contacting Roni. We are unable to accept large objects such as furniture but smaller useful objects are very acceptable. Thank you for your support of this program.

### **WE NEED YOUR HELP!**

On Saturday, Sept. 14, we will be making the sandwiches for the Saanich Heritage Tour and Tea the next day. There is a sign-up sheet in the Lounge if you can help make sandwiches at CB Place or bring sweets from home to be prepared for the tea. We also need help serving on Sept. 15 at the tea. This is a fundraiser for CB 55+. For more information please contact Shirley Metters at 477-5484 or Pauline Cohen at 381-8120.

Dorothy Evans wants to thank all those who helped with the Canada Day/Who Are We? program on June 11. Special thanks to Diane Cowden, Barb Waldner, Pat Robertson, Margaret Wormald, and Gwen MacPherson for making the show come alive with costumes, music, flags and photos, as well as great information about "Who We Are". Next year we could ask "WHY did we move to Victoria?" As Dorothy says, "We are a most interesting group".



### **CB55+ needs YOU!**

We appreciate ALL our volunteers immensely! We are so grateful for the wonderful response we have had from volunteers when we have needed them. It's what makes CB55+ a great place to spend time. We are really fortunate to have all those willing hands and we are looking forward to another exciting enjoyable season. Contact Doris Brix at 479-7420 if you would like to know how you can help CB55+. We are also open to any suggestions that you feel would help us do a better job.

GROUP	DAY	TIME	ROOM	LEADER	NOTES
Blue Heron Singers	Thursday	2:30 – 4:00	Big Room	Pat Robertson 479-4271	Resumes Sept. 19
Bridge – Drop-In	Wednesday	1:00 – 3:30	Courtyard Room	Rene Johnson 708-0017 Alice Neuman 658-5015	Drop in
Community Kitchen	Every 2nd Wed.	9:30 – 12:00	Servery/Studio	Judy Holt <a href="mailto:judy4holt@gmail.com">judy4holt@gmail.com</a>	Starting date TBA
Creative Writing	2nd & 4th Friday	10:00 – 12:00	Studio	Jane Phillpotts <a href="mailto:JEP@shaw.ca">JEP@shaw.ca</a>	Resumes Oct. 11
Family History	First Tuesday	1:00 – 3:00	Studio	Diane Anderson 477- 8255	Resumes Oct. 1
Garden Group	Last Thursday	1:00 – 3:00	Studio	Duana McHugh 658-6775	Resumes Sept. 26
Hiking Group	Friday	8:50 – 12:00	Lochside Park	Mike Bonnor 370-2212	Drop in
Hotshots	Monday	10:00 – 12:00	Badminton Hall	Michael Phillips 658-2702	Resumes Oct. 7
Mah Jong	Friday	2:00 – 4:00	Studio	Mary Horton 658-4801	Resumes Sept. 6
Men's Fitness	Monday Wednesday	1:00 – 2:15 8:30 – 9:30	Big Room	David Docherty 658-8303	Drop in
Men's Group (GHOTH)	Monday	2:30 – 3:30	Big Room	David Docherty 658-8303	Resumes Sept. 9
On The Go Again	Friday	1:30 – 3:30	Big Room	Bobbi Johannessen 658-8824	Resumes Sept. 6
Photo Group	Monday	1:00 – 2:30	Lounge	Diane Anderson 477-8255 Diane Cowden 477-4572	Resumes Sept. 30
Pickle Ball	Wednesday	4:00 – 6:00	School Gym	Doris Brix 479-7420	Starting date TBA
Poker Group	2nd Wednesday	2:00 – 4:00	Studio	Carol Didier 658-8444	Resumes Sept. 10
Social Walking Groups	Tuesday Friday	11:30 – 1:30 9:00 – 12:00	Butchart Gardens CB Plaza	Gloria Scaife 544-3130	Resumes Sept. 24 Resumes Sept. 13
Stretch & Strength	Monday & Thursday	9:30 – 10:30	Big Room	Irene Timms 479-7182	Drop in
Studio Group	Wednesday	1:00 – 4:00	Studio	Maura Dunn 652-2650	Drop in

## GROUP NEWS

**Stretch & Strength** - The Fall Session begins on Labour Day, Sept. 2 until Nov. 28. We will also be exercising on Oct. 14 (Thanksgiving) and Nov. 11 (Remembrance Day) to keep those pounds off!!

## GROUP NEWS - Cont'd.

**Community Kitchen** - At this time, the CB55+ Board and this group is assessing how this program might continue in the fall, after completing exciting and nutritious menus this past spring and summer. The hope is that the cost for CB55+ members to come together to cook 4-course dinners and take home enough food for another meal can remain as low as possible. This group organized and carried out the successful Strawberries & Waffles event in July, and may offer more exciting lunches as fundraisers for the group and for the benefit of the whole membership. More information will be forthcoming. Contact Judy Holt at [judy4holt@gmail.com](mailto:judy4holt@gmail.com) if you are interested.

**Mah Jong Group** - This group will resume on Friday, Sept. 6 at 2:00 pm in the Studio. We have several members playing regularly, and if there is interest from others, we could offer another course on how to play Mah Jong in late October or early November. Look for the sign-up list in the Lounge.

**Blue Heron Singers** - We warmly welcome returning and new members as our choir begins our sixth year on Thurs., Sept. 19 at 2:30 pm in the Big Room. Once again, we're planning to share a wide variety of songs, both familiar and new, and we're planning to have great fun doing it! Everyone is welcome to come to sing or just listen! For more info, contact Pat Robertson at 250-479-4271.

**Photography Group:** Come and join other camera enthusiasts to learn about digital photography, on Mondays, 1:00 - 2:30 pm, starting on Sept. 30 until Nov. 4 (no class Oct. 14). Learn basic camera functions, how to download photos from your camera to the computer, and how to share your photos with family and friends. Build your photography skills and a discerning eye by practicing the various elements of composition provided in each session. Simple photo editing using iPhoto (available only on Macs and iPads but principles do transfer to PC software) will also be introduced. There will be a minimal cost to cover computer software. The hope is that members of this group will continue to share photos and ideas throughout the year. If you are interested, contact Diane Anderson, 250-477-8255, [anderson.diane@shaw.ca](mailto:anderson.diane@shaw.ca); or Diane Cowden, 250-477-4571, [dianecow@shaw.ca](mailto:dianecow@shaw.ca).

### CB55+ Board Of Directors For 2013/14

#### EXECUTIVE DIRECTORS

Dave Docherty	President/Programs	250-658-8303
Louise Parton	Vice President	250-658-8462
Rich McMorran	Past President/Governance	250-658-5085
Joan Shimizu	Secretary/Governance	250-658-1874
Brenda DeRoos	Treasurer/Governance	250-744-5763

#### DIRECTORS

Doris Brix	Services/Volunteers	250-479-7420
Diane Cowden	Services/Website	250-477-4571
Maura Dunn	Services/Membership	250-652-2650
Judy Hazzan	Programs	778-440-5649
Brenda Hurd	Programs/Blue Heron News	250-658-6484
Velma Minckler	Services/Office	250-658-8987
Jamie MacKenzie	Programs	778-440-6566
Mike Mooney	Services/Facilities Admin.	250-658-4801

## FALL COURSES

**CB55+ Courses** (To register, members need to go to the CB55+ office (between 9:00 and 12:00, weekdays) sign up for the course they are interested in, and pay the course fee.

<b>Computer Basics</b> -----	Wednesday, 10:00 – 11:30 – Lounge
Sept. 11 – 25	\$21 (3) or \$8 Drop-in Instructor: Guy Rosario
For PC or Mac users	
<b>French – Conversational</b> -----	Monday, 10:00 – 11:00 am – Studio
Sept. 16 – Oct. 28	\$30 (6) (No class Oct. 14) Instructor: Marie-Louise Portier
<b>iPad Training for Beginners</b> -----	Friday, 11:30 – 1:00 pm – Courtyard Room
Sept. 6 – Oct. 11	\$30 (6) or \$6 Drop-in Instructor: Monica McGarrigle
<b>ipad Training – Intermediate</b> -----	Friday, 11:30 – 1:00 pm – Courtyard Room
Oct. 25 – Nov. 22	\$25 (5) or \$6 Drop-in Instructor: Monica McGarrigle
<b>Acrylic Painting</b> -----	Thursday, 9 :00 – 12:00 pm – Studio
Oct. 3 – Nov. 21	\$180 (8) or \$25 Drop-in Instructor: Joanne Thomson
<b>Watercolour Painting</b> -----	Thursday, 1:00 – 4:00 pm – Studio
Oct. 3 – Nov. 21	\$180 (8) or \$25 Drop-in Instructor: Joanne Thomson
Both painting courses are for beginner and intermediate students	
<b>Ukelele Lessons</b> -----	Wednesday, 11:15 – 12:30 pm – Big Room
Sept. 25 – Oct. 30	\$30 (6) Instructor: Lorraine Forster

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

<b>Bridge – Beginner Level</b> -----	Wednesday, 1:00 – 3:00 pm – Seaside Room
Sept. 18 – Oct. 23	\$42 (6) Reg. #556004 Instructor: Terry Martin
<b>Chair Yoga</b> -----	Tuesday, 2:00 – 2:45 pm – Big Room
Sept. 10 – Oct. 22	\$35 (7) Reg. #552009 Instructor: Tessa Rae Hamelin
Oct. 29 – Dec. 10	\$35 (7) Reg. #552010
<b>Gentle Yoga</b> -----	Tuesday, 3:00 – 4:00 pm – Big Room
Sept. 10 – Oct. 22	\$51 (7) Reg. #552011 Instructor: Tessa Rae Hamelin
Oct. 29 – Dec. 10	\$51 (7) Reg. #552012
<b>Hatha Yoga</b> -----	Thursday, 7:00 – 8:00 pm – Big Room
Sept. 12 – Oct. 24	\$51 (7) Reg. #552013 Instructor: Laura Thompson
Nov. 7 – Dec. 19	\$51 (7) Reg. #552014
<b>Qi Gong</b> -----	Wednesday, 10:00 – 11:00 am – Big Room
Sept. 11 – Oct. 23	\$49 (7) Reg. #559164 Instructor: Gordon Muir
Oct. 30 – Dec. 11	\$49 (7) Reg. #559165
<b>Line Dancing</b> -----	Friday, 10:00 – 11:15 – Big Room
Sept. 13 – Oct. 25	\$49 (7) Reg. #552271 Instructor: Vicky McCulloch
Nov. 1– Dec. 13	\$49 (7) Reg. #552273
<b>Zumba Gold</b> -----	Thursday, 11:00 – 12:00 – Big Room
Sept. 19 – Oct. 31	\$63 (7) Reg. #552274 Instructor: StudioVZF
<b>Zumba Gold</b> -----	Monday, 11:00 – 12:00 – Big Room
Nov. 11 – Dec. 16	\$54 (6) Reg. #552275 Instructor: StudioVZF

## MEMBERSHIP



### 2014 ~ OUR 10TH ANNIVERSARY



In 2014, to celebrate the 10th Anniversary of the Cordova Bay 55+ Association, the Board has decided to recognize members who have reached their 90th birthday as Honorary Members, and they will be given a free lifetime membership.

Starting now, any person who will be in their ninth decade in 2014 may, with proof of age, submit their name at the office or send an e-mail to [cb55@shawbiz.ca](mailto:cb55@shawbiz.ca). Those members who turn 90 in 2014 will be recorded and their free membership will begin January 1, 2015.

If these members still wish to pay for their membership, we will accept the \$40 as a donation to CB55+ Association and a receipt will be issued.

For those who qualify for the **LIFE Program** (assistance for individuals and families with low incomes) free annual membership in the CB55+ Association is available. Applications must be approved by Saanich Recreation. Information about this program and application forms are available on the Reception desk at CB Place.

## REMINDERS

CB Place is regularly open from 9:00 to 4:00 pm, Monday to Friday throughout the year. Office hours are 9:00 - 12:00 from Monday through Friday..



The Blue Heron News comes out four times per year. The Winter edition will be out at the end of November. For up-to-date information on what's happening at CB Place check our website: <http://www.cordovabay55plus.org>

## DROP-IN TUESDAY SCHEDULE


(Big Room, 10:00—11:30 am)

(Speakers are subject to change, so check the website for updates!)

### SEPTEMBER

- Sept. 3 Corn Roast 
- 10 B.C. Securities Commission – Andy Poon
- 17 Venezuela: Beautiful Country, Unusual Politics – John Newcomb
- 24 Boosting the Brain – Dave Docherty 

### OCTOBER

- Oct. 1 Speech Sounds of the Languages of the World – UVIC Speakers' Bureau 
- 8 Fire Safety & Emergency Procedures – Capt. Richard Pala
- 15 14<sup>th</sup> World Food Day – Alternative Foods
- 22 Armchair Travel – Pauline Cohen, Shirley Metters & Diane Cowden
- Hallowe'en – Target Theatre and Popcorn 

### NOVEMBER

- Nov. 5 Revolution & Military Intervention in the Middle East – UVIC Speakers' Bureau
- 12 Armchair Travel – Norway – Bobbi and Don Johannessen
- 19 Making a Difference in Tanzania – Dave Docherty
- 26 Ethics of Police Conduct – UVIC Speakers' Bureau 

### DECEMBER

- Dec. 3 Christmas Luncheon
- 10 Christmas with the Blue Heron Singers
- 17 Ginger Beer & Ginger Bread and Rudolph



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

SEPTEMBER 2013		Seaside	Courtyard	Studio	Lounge	Off-Site
<b>Monday</b>	am	Stretch & Strength 9:30-10:30 Zumba Gold 11:00 - 12:00 Nov. 11 - Dec. 16		Conversat. French 10:00 - 11:00 Sept. 16 - Oct. 28		Hot Shots Group Badm'n Hall 10:00 - 12:00
	pm	Men's Fitness 1:00 - 2:15 Men's Group 2:30 - 4:00				
<b>Tuesday</b>	am	Drop-In Speaker Program 10:00 - 11:30				Walking Group Butchart Gardens 11:30
	pm	Chair Yoga 2:00-2:45 Sep 10-Oct 22/Oct 29-Dec 10 Gentle Yoga 3:00-4:00 Sep 10-Oct 22/Oct 29-Dec 10		Family History 1:00-3:00 (1st Tue) Dealer's Choice Poker 2:00-4:00 (2nd Tue)		
<b>Wednesday</b>	am	Men's Fitness 8:30 - 9:30 Qi Gong 10:00 - 11:00 Sep 11-Oct 23/Oct 30-Dec 11 Ukelele Lessons 11:15 - 12:30 Sept. 25 - Oct. 30		Community Kitchen 9:30 - 12:00 ???	Computer Basics 10:00- 11:30 Sept. 11 - 25	
	pm	Beginner's Bridge 1:00 - 3:00 Sep 18-Oct	Drop-In Bridge Group 1:00 - 3:30	Studio Group 1:00 - 4:00		
<b>Thursday</b>	am	Stretch & Strength 9:30 - 10:30 Zumba Gold 11:00 - 12:00 Sept. 19 - Oct. 31		Acrylic Painting 9:00 - 12:00 Oct. 3 - Nov. 21		Board Meeting 10:30 - 12:00 (1st Thur.)
	pm	Table Tennis 1:00 - 1:45 Blue Heron Singers 2:30-4:00 Hatha Yoga 7:00-8:00 pm Sept. 12 - Oct. 24 Nov. 7 - Dec. 19		Garden Group 1:00-3 (Last Thurs) WatercolourPainting 12:45 - 4:00 Oct. 3 - Nov. 21		
<b>Friday</b>	am	Line Dancing 10:00- 11:15 Sep 13-Oct 25/Nov 1-Dec 13 iPad Beginner's 11:30 - 1:00 Sept. 6 - Oct. 11 iPad Intermediate 11:30-1:00 Oct. 25 - Nov. 22		Creative Writing (2nd & 4th Fri.) 10:00 - 12:00		Hiking Group - 8:50 Lochside Park Social Walking Group 9:00 - CB Plaza
	pm	On the Go Again 1:30 - 3:30		Mah Jong 2:00-4:00		