



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

- Sun., Mar. 2 - "Proud", Belfry Theatre
- Mon., Mar. 3 - Spring Fling, CB Place
- Tues, Mar. 11 - "The Graduate", Langham Court
- Tues. Mar. 18 - St. Patrick's Day Ceilidh with the Blue Heron Singers
- Sat., Mar. 22 - "War Horse" - Tillicum Silver City
- Tues., Mar. 25 - CB55+ AGM
- Apr. 14 - 17 - Whistler Spring Seniors Celebration
- Wed. Apr. 23 - Cordova Bay Community Assoc. AGM at CB Place

WHAT'S INSIDE

CB55+ Photos	p.2
Theatre, Music, & Travel	p.2
Fundraising & Volunteering p	.3
Group Schedule	p.4
Group News	p.4/5
Board of Directors	p.5
Courses	p.6
Membership Reminders	p.7
Tuesday Drop-In Schedule	p.7
CB55+ Activity Schedule	p.8

PRESIDENT'S MESSAGE

We are now well into 2014 and I hope it will be filled with good health and few problems. One of our members made a comment that I thought was good advice when he said to embrace what we have rather than bemoan what we don't have. So I hope you are able to find some joy and small pleasure in each day.

Our AGM is scheduled for March 25 when we will elect our new Board. Mick Phillips is chairing the Nominating Committee, so let him know if you might be interested in serving on the Board. We welcome fresh energy and new ideas on how we can better serve our membership. I believe we have a very successful Association but we can certainly do things better and that is our goal. The Board recently had a mini-retreat, partly in response to feedback from members, which we always appreciate. We were able to take an in-depth look at our Association, which was very worthwhile, and I will share our thoughts and plans from this meeting, at the AGM.

I am particularly excited about the new intergenerational programs that are currently being initiated. Diane Cowden has been doing stalwart work connecting with Kelly Uraii, the school principal, to organize several "I" activities. We hope many members will take advantage of these. If you would like to volunteer in any other area, contact Doris Brix, our Volunteer Coordinator, who can suggest many ways for you to be involved.

Once again, thanks to the many volunteers who make CB 55+ such a vibrant and great place to be.

David Docherty

NOMINATIONS FOR THE CB55+ BOARD IN 2014/15

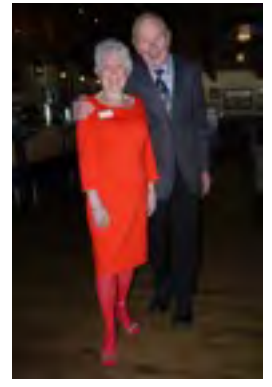
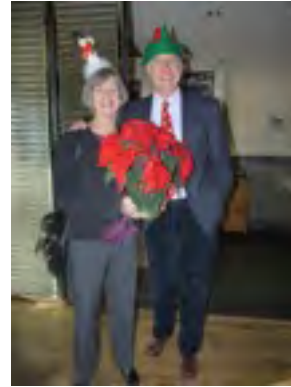
The Nominations Committee is seeking candidates to fill up to 7 vacancies on the Board. This is your opportunity to become more actively involved in this wonderful Association. The Committee members are: Michael Phillips (658-2702), Bobbi Johannessen (658-8824) and Barb Waldner (658-5680). Contact any of us to submit your name or to seek further information.

WHAT'S BEEN HAPPENING AT CB55+?

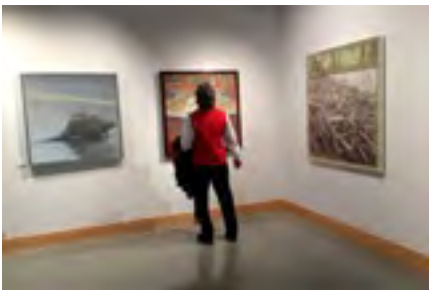


CHRISTMAS
AT THE BEACH
HOUSE

YUMMY
AND
FUN



FESTIVE
SINGING AND
PLAYING



CHECKING OUT THE ART
AT THE BATEMAN
MUSEUM

VALENTINE
CHAPEAUX



THEATRE and MUSIC

Sun., Mar. 2., "Proud", Belfry Theatre, 2 pm, carpooling at 1 pm. Tickets \$21, pay to CB55+. This play, all about the Honourable Stephen Harper will have you rolling in the aisles.

Tues., Mar. 11, "The Graduate", Langham Court Theatre, (2 for 1 - \$30) A comedy based on the novel by Charles Webb.

Sat., Mar. 22, "War Horse", at Tillicum Silver City, 12:30, carpooling at 11:30. Tickets \$22.

Sat., Mar. 29, "One World 2014" (Pearson College), Royal Theatre - \$18, Matinee 2 pm

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

TRAVEL

Mon, Mar. 3 - Spring Fling Tea and Fashion Show at CB Place at 12:30. Tickets \$12.

Whistler Spring Senior Celebration, April 14-17. Cost is \$729 all inclusive.

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

FUNDRAISING AND VOLUNTEERING

A BIG THANK YOU to Pat Vrooman for her hard work in managing the library. We wish her all the best in her new home in Vancouver. Welcome to our new library volunteers Anne Pypla, Audrey Boyd, and Brenda DeRoos.

Congratulations to the Studio Group for their hard work at the Craft and Bake Sale in December. They raised over \$1000, and donated \$400 to needy families, who were referred by the school, and another \$200 to the Salvation Army. Thank you to this group and to all those who contributed and bought delicious baked goods and beautiful crafts.

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. Don't forget that Tru Valu Foods also donates to CB55+ each time you shop there. Tell the cashier to add 1% of your grocery bill to #2, which is the CB55+ credit number, and we'll get the donation!

EVER-EXPANDING INTERGENERATIONAL ACTIVITIES

The 2nd session of the MAIR program (now known as IPHOTO) is underway on Thursday 9 - 11 am until early March. There are six groups of students from grades 4 and 5 taking part. Contact Brent Carbery (bcarbery@shaw.ca) for more info. IPAL volunteers have completed the training sessions, and they will now support the student leaders on the playground and in a marathon.

Building on the success of MAIR, we are extending the concept (doing short term projects with the elementary school students) to other activities. Starting March 26, for 4 Wednesdays, 11:15-11:45, students from the school will have the opportunity to attend a wide variety of activities with CB55+ members. The new activities, most of which will be held at CB Place, are as follows: *(Note the "I" before each activity stands for Intergenerational)*

IGENERATION: students interviewing members (Lounge)

IART: painting/drawing (Courtyard Room)

IBAKE: baking/cooking (Serving)

ICRAFT: making crafts (Studio)

IDRAMA: creative drama (Seaside Room)

ICYCLE: bicycle safety, maintenance, riding (facilitated by Sgt Ross) (Off-site)

IGAMES: board games, card games (Off-site)

IREAD/LISTENING: sharing books (Off-site)

IPHOTO: (formerly MAIR) photography (Off-site)

IPAL: physical activities, games and play on playground (See printed IPAL schedule)

These ten inter-generational activities offer opportunities for both 55+ members and students to interact and bond while participating in mutually enjoyable activities. We welcome volunteers who would like to participate by assisting students with any of these activities - your choice! Wednesday, No driving is involved, there will be a teacher in attendance, and you only need to commit to a total of four hours - one hour each week on Wednesday morning, from 11:00 to 12:00 (students 11:15 - 11:45) on March 26, April 2, 9, and 16. If you would like to take part or want more information, please contact Diane Cowden at 250-477-4571 or d.cowden@me.com, or leave your name at the office.

GROUP	DAY	TIME	ROOM	LEADER	NOTES
Blue Heron Singers	Thursday	2:30 - 4:00	Big Room	Pat Robertson 479-4271	
Bridge - Drop-In	Wednesday	1:00 - 3:30	Courtyard Room	Rene Johnson 708-0017 Alice Neuman 658-5015	Drop in
Creative Writing	Friday	10:00 -12:00	Studio	Jane Phillpotts JEP@shaw.ca	Every other week
Cribbage	Wednesday	1:00 - 3:00	Courtyard Room	Pam Gaudio - 658-5163	Drop in
Family History	First Tuesday	1:00 - 3:00	Studio	Diane Anderson 477- 8255	
Garden Group	Last Thursday	1:00 - 3:00	Studio	Duana McHugh 658-6775	
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	
Mah Jong	Friday	2:00 - 4:00	Studio	Mary Horton 658-4801	Drop in
Men's Fitness	Monday Wednesday	8:30 - 9:25 8:30 - 9:30	Big Room	David Docherty 658-8303	Drop in
Men's Group (GHOTH)		day trips	Community Outings	David Docherty 658-8303	
On The Go Again	Friday	1:30 - 3:30	Big Room	Bobbi Johannessen 658-8824	
Photo Group	Monday	1:00 - 2:30	Lounge	Diane Cowden 477-4572	BY APPOINTMENT ONLY
Pickle Ball	Wednesday	4:00 - 6:00	School Gym	Doris Brix 479-7420	
Poker Group	2nd Tuesday	2:00 - 4:00	Studio	Carol Didier 658-8444	
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

The Blue Heron Singers - Our group has recently welcomed some new members, and we've all been enjoying singing quite a mixture of songs. We invite all CB55+ members to join us in our Blue Heron Singer Ceilidh at the Drop-In on Tuesday, March 18th at 10:00 a.m. Our program will be mostly Celtic, but we'll have a few surprises too! We're also planning to sing in the community.

HotShots - Our successful Winter session ends on March 10. If you missed that one, please join us for our 8 week Spring session starting April 7 until June 9 (we won't shoot on Easter Monday or Victoria Day). Click on "**Groups**" on the CB55+ website for full details of what HotShots is all about.

Garden Group - We meet the last Thursday of each month at 1:00 pm for outings and/or garden chats. If you want to know about upcoming events, please add your name, phone number and email to the garden group folder in the Lounge.

GROUP NEWS - Cont'd.

Men's Fitness Group - There are 12-15 men attending these classes on Monday and Wednesday mornings followed by coffee and cookies. There is a \$2 drop-in fee to cover the cost of equipment (mats and therabands). The exercises can be adjusted to accommodate individual capabilities so come and give it a try. There is no charge for the first session.

Men's Group (GHOTH) - We do monthly tours of local places of interest, which includes lunch. The next trip is planned to visit Pearson College on February 26th, carpooling from the Centre at 9:30 and returning about 3:00 pm. Following a tour of the facilities and presentation on the conservation program at Race Rocks, we will have lunch with the students. Lunch will cost \$10.50 per person. Other trips are being planned for the rest of the year so stay tuned. For more information, contact Dave Docherty (250-658-8303 or angdave@telus.net).

Photo Group - We will not be meeting as a group until September. If you would like some assistance please feel free to contact Diane Cowden, 250-477-4571, d.cowden@me.com. When we resume, we look forward to sharing photos, ideas and experiences about digital photography on the first and third Monday of the month, from 1:00 to 2:30. If you are interested in learning about Adobe PhotoShop Elements, please indicate on the sign up sheet in the green folder, in the Lounge.

Nearly New - has been a very successful enterprise, thanks to all those who donate. The table is open when there are sufficient, interesting goods to sell, not every week. Donations can be left in the cabinet in the Studio on Tuesday morning, and Wednesday and Friday afternoons. Contact Roni Frey (250-361-3483) or ronifrey@shaw.ca for more information.

CB55+ Board Of Directors For 2013/14

EXECUTIVE DIRECTORS

Dave Docherty	President/Governance/Programs	250-658-8303
Louise Parton	Vice President /Governance	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	Services/Facility Use Coord.	778-440-6566
Mike Mooney	Services/Facilities Security & Maint.	250-658-4801

MEMBERSHIP TAKE NOTE *****

This is the last reminder to all unpaid members that they **MUST RENEW** their membership for 2014 by March 25, in order to vote for the Board of Directors at the AGM. The membership list will be revised at the end of March, and all unpaid members' names will be removed. The cost for an annual membership is \$40 a year. In order to participate in all CB55+ activities, such as courses, groups, and special events, you must be a paid-up member. Please submit your cheques to the office, made out to CB55+.

We now have 331 paid up members, so for those who haven't renewed for 2014, we are looking forward to seeing you soon!

By the way, any member who turned 90 in 2013 will be given a **"Golden"** lifetime membership and need not pay any more membership fees. Any member turning 90 during 2014 will receive their **"Golden"** membership next year.

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 except for statutory holidays. Office hours are weekdays 9:00 - 12:00.

CB Place will be closed April 18, April 21 and May 19, unless groups make their own arrangements.

The Blue Heron News comes out four times per year. The Summer edition will be out at the end of May. 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

MARCH

- Mar. 4 Orlando and the Gold Rush of 1858
John Lucas
- 11 Guide Dog Program – Rita LeClerc
- 18 St. Patrick's Day Ceilidh
Blue Heron Singers
- 25 CB55+ Annual General Meeting

APRIL

- Apr. 1 Home Pharmacist Visit
Alain Vincent
- 8 Greek Islands/Israel/Turkey/France
Pat & Ed Bancroft
- 15 Convicting the Innocent – Wrongful
Convictions in Canada – Prof. Gerry
Ferguson
- 22 China Council for International
Cooperation on Environment &
Development – Arthur Hanson
- 29 Is It Time to Rethink Canada's
Connection To The British Monarchy
Dr. John Fryer

MAY

- May 6 Book Smacked – A Review of Popular
Books – Gwen Windsor – GVRL
- 13 Armchair Travel – Cycling In Canada
Mike Mooney & Mary Horton
- 20 Vision Workshop To Help Build Your
Dreams & Create a Richer Life
Geoff & Janie Pratt



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

MARCH 2014		Seaside	Courtyard	Studio	Servery/ Lounge	Off-Site
Monday	am	Men's Fitness 8:30 – 9:25 Stretch & Strength 9:30–10:30 iPad Beginners Training 10:45 – 12:15 Feb. 17 – Mar. 24		CB Elementary School 8:40 – 11:15 Indefinitely until June		Hot Shots Group Badm'n Hall 10:00 – 12:00
	pm	iPad Intermediate Training 1:30 – 3:00 Feb. 17 – Mar. 24		Photo Group 1:00 – 2:30 (by appt. only)		
Tuesday	am	Drop-In Speaker Program 10:00 – 11:30		** BLOOD PRESSURE CLINIC 9:00 – 10:30 MARCH 18		
	pm	Chair Yoga 2:00–2:45 Gentle Yoga 3:00–4:00 Mar 4 – Apr 22 Apr. 29 – June 17		Family History 1:00–3:00 (1st Tue) Poker Group 2:00–4:00 (2nd Tue)		
Wednesday	am	Men's Fitness 8:30 – 9:30 IDRAMA 11:15 – 11:45 IART 11:15 – 11:45		ICRAFT 11:15 – 11:45 IGENERATION 11:15 – 11:45	IBAKE 11:15 – 11:45	ICYCLE, IGAMES, IREADING, IPAL 11:15–11:45 School/Playground
	pm	Drop-In Bridge Group 1:00 – 3:30	Cribbage Group 1:00 – 3:00	Studio Group 1:00 – 4:00		Pickle Ball School Gym 4:00 – 6:00
Thursday	am	Stretch & Strength 9:30 – 10:30 Zumba Gold 11:00 – 12:00 Mar 6–Apr 24/May 1–June 19		Board Meeting 10:00 – 12:00 (First Thursday)		
	pm	Table Tennis 1:00 – 1:45 Blue Heron Singers 2:30–4:00 Hatha Yoga 7:00–8:00 pm Mar 6–Apr 24/May 1–June 19		Garden Group 1:00–3 (Last Thurs)		
Friday	am	Line Dancing 10:00– 11:15 Mar 7–May 2 May 9 – June 27		Creative Writing (Every other Friday) 10:00 – 12:00		Hiking Group – 8:50 Lochside Park
	pm	On the Go Again 1:30 – 3:30		Mah Jong 2:00–4:00		