



Blue Heron News

Cordova Bay 55 Plus Association

#1 - 5238 Cordova Bay Rd.
Victoria, BC V8Y 2L2



WHAT'S COMING UP

Sun., Mar. 8 - Will Roger's Follies,
Spectrum School, 2 pm

Sat., Mar. 14 - The Mystery of
Edwin Drood, Langham Court, 2 pm

Tues., Mar. 17 - Blood Pressure
Clinic, 9:00 - 10:00

Tues., Mar. 17 - Blue Heron Singers
Ceilidh, CB Place, 10 am

Thurs., Mar. 19 - Fireside Grill
lunch, 11:30 and Balkans Photo
show at Berwick House, 2 pm

Sat., Mar. 21 - Amadeus, Phoenix
Theatre, 2 pm

Sun., Mar. 22 - Broadway Lights,
Royal Theatre, 2 pm

Tues., Mar. 24 - CB55+ AGM, CB
Place, 9:30 am

Mon. - Thurs., Apr. 20-23 Fairmont
Whistler's 60+ Celebration, Whistler

Sun., May 3 - Les Miserables,
McPherson Theatre, 2 pm



PRESIDENT'S MESSAGE

Due to unforeseen circumstances, Dave Docherty was not able to submit a President's Message for this newsletter, so these words have been taken from his President's Report, which he will submit at the AGM in March.

"Last year we celebrated our 10th Anniversary, although there was some confusion what year we were really celebrating! After a few delays, the celebration was very successful with nearly 200 people attending, including a few special guests. The committee worked hard to make it a special occasion and, based on the feedback we received, achieved this in spades. It was so fitting to recognize the people who started the whole thing and provided the solid foundation on which the Association has been built, now affectionately known as the "Fab 5". Of course most of them continue to be involved and contribute immensely to the programs and Centre. However, it would be remiss not to also recognize the many who have followed the "Fab 5" in growing the Association and bringing it to where we are at today, with over 500 members and a host of courses, activities, and programs."

All CB55+ members are encouraged to come to the Annual General Meeting on Tuesday, March 24. The Board of Directors will be elected at this meeting for the coming year, and we are seeking nominations for new Board members. Rand Harrison has kindly offered to be the Chair of the Nominating Committee, which also includes Rich McMorran and Michael Phillips. If you are interested in standing for the CB55+ Board, please contact one of these committee members. Nominations are also accepted from the floor at the AGM.

Come for coffee at 9:30, and the AGM will start at 10:00. The guest speaker will again be Anthony Minniti, President of the Cordova Bay Association for Community Affairs, so come and learn all about what this valuable Community Association is doing for the residents of Cordova Bay. Refreshments will follow the meeting. See you all there!



10th Anniversary preparations and happy celebrations for all who attended!

WHAT'S BEEN HAPPENING AT CB55+?



Super Blue Heron Cake!



Four of the Fab 5!

Playing games and learning to knit - fun intergenerational activities!



Enjoying Maarten Schaddelee's beautiful sculpture creations!

THEATRE and MUSIC

Sun., Mar. 8 - **Will Roger's Follies**, Spectrum School, \$8. (pay at school), 2 pm, carpool 1 pm

Sat., Mar. 14 - **The Mystery of Edwin Drood**, Langham Court, \$24, 2 pm, carpool 1 pm

Sat., Mar. 21 - **Amadeus**, Phoenix Theatre, U.Vic., \$24, 2 pm, carpool 1 pm

Sun., Mar. 22 - **Broadway Lights**, Royal Theatre (Cdn. College of Perf. Arts & Vict. Symphony), \$49.50, 2 pm, carpool 1 pm

Sun., May 3 - **Les Miserables**, McPherson Theatre (VOS), \$47.50, 2 pm, carpool 1 pm

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

TRAVEL

Mar. 19 - **Lunch at Fireside Grill**, 11:30, followed by a **photographic odyssey of the Balkans region at Berwick House**, 2:00 pm (register for the show through Cont. Studies, UVic. ph: 472-4747).

April 20-23 - **Fairmont Whistler's Fabulous Spring 60+ Celebration**, \$769.70/ pers. (double occ.) or \$990.28 (single), includes accom., meals, daily resort fee, round trip coach and ferry costs (senior's discount on ferry, with Gold Card or enhanced driver's license).

Watch for details about a **tour of Duncan**, including the **Quw'utsun Cultural Centre**, lunch, shopping, plus a few highlights of the Cowichan Valley. Also, a trip is being planned to the **FIG Delicatessen**, market and kitchen in Saanich, to discover this great source for almost everything needed in your Mediterranean cuisine.

Art Gallery tours will be offered throughout the year, with Joan Shimizu's assistance. Watch for updates.

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

CB55+ GROUP SCHEDULES

| 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 - 4:00 | Seaside Room | Kathie Hazlewood 477-7984 Rosalie Heschuk 658-2101 Orma Paton 658-4805 | |
| Creative Writing | Friday | 11:00 -1:00 | Studio/Lounge | Jane Phillpotts JEP@shaw.ca | |
| Cribbage | Wednesday | 1:00 - 3:00 | Courtyard Room | Lindie Schwartz 658-1940 | |
| Dominoes | 3rd Tuesday | 1:30 - 3:00 | Studio | Rikki Bowman - 382-6197 | |
| Family History | First Tuesday | 1:00 - 3:00 | Studio | Diane Anderson 477- 8255 | |
| Garden Group | Last Thursday | 1:00 - 2:30 | Studio | Duana McHugh 658-6775 | |
| Hiking Group | Friday | 8:50 - 12:00 | Lochside Park | Mike Bonnor 370-2212 | |
| Hotshots | Monday | 10:00 - 12:00 | Badminton Hall | Michael Phillips 658-2702 | |
| Mah Jong | Friday | 1:30 - 4:00 | Studio | Mary Horton 658-4801 | |
| Men's Fitness | Monday & Wednesday | 8:30 - 9:25 | Big Room | David Docherty 658-8303 | |
| Men's Group (GHOTH) | Various Days | day trips | Off-site | David Docherty 658-8303 | |
| On The Go Again | Friday | 1:30 - 3:30 | Big Room | Bobbi Johannessen 658-8824 | |
| Photography Group | Monday | 1:30 - 3:00 | Lounge | Diane Cowden 477-4572 | On hold for now |
| Pickle Ball | Tuesday | 4:15 - 6:15 | Off-site | Ed Bancroft 380-2411 | Saanich Commonwealth Place \$2 drop-in |
| Poker Group | 2nd Tuesday | 2:00 - 4:00 | Studio | Carol Didier 658-8444 | |
| Studio Group | Wednesday | 1:00 - 4:00 | Studio | Maura Dunn 652-2650 | |
| Sunday Games | Third Sunday | 1:00 - 3:00 | Studio/Lounge | Brenda Hurd 658-6484 | |
| Table Tennis | Thursday | 1:00 - 1:45 | Big Room | Elfie Irwin 744-4732 | Contact Leader |
| Walkiing with Dogs | Friday | 8:50-11:30 | Off-site | Brenda Hurd 658-6484 | Contact Leader |

INTERGENERATIONAL PROGRAMS

CB55+ volunteers are currently guiding the students in knitting, board games, drama, and cycling activities. If you would like to assist with similar activities, a new session will take place on Wednesdays, April 2, 9, 16, and 23 from 11:00 to 12:00. For more information, please contact Diane Cowden at 250-477-4571 or email d.cowden@me.com.

GROUP NEWS

Sunday Games - This new drop-in group meets on the third Sunday of each month, 1:00 to 3:00, in the Lounge and Studio to play cards and board games, depending on the interests of those present. No fee or experience is needed. Just come and have fun playing games with other members!

Walking with Dogs - This new group meets every Friday at 8:50 am at various trail head locations to hike or walk together, with their dogs, for about 1 1/2 hours, followed by coffee at a nearby watering hole. Depending on the number of dogs and the interests of their owners, this group may split into two groups to accommodate everyone. The dogs must be under their owner's control, not have any behavioural issues, be in reasonable health, and enjoy a variety of other dogs, people, and terrain. Please contact Brenda Hurd at 658-6484 if you are interested in joining this group.

Blue Heron Singers - Céad Míle Fáilte! The Blue Heron Singers invite you to come to our Ceilidh at the Tuesday Drop-In on St. Patrick's Day, March 17th at 10:00 am for some songs and stories and other shenanigans! Members are also welcome to join the Blue Heron Singers to sing or listen on any Thursday from 2:30 to 4:00 pm. Contact Pat Robertson at 479-4271 for more info.

Mah Jong - This group has so much fun playing, that they are now meeting earlier on Friday afternoons, from 1:30 until 4:00 in the Studio. We play Western Style and anyone with a basic understanding of the game is welcome. Contact Mary Horton at 250-658-4801 for more info.

Pickle Ball - is now held at Saanich Commonwealth Place on Tuesdays from 4:15 to 6:15, while the Cordova Bay School Gym is not available. It only costs \$2 for any CB55+ member to play, so drop in to the gym opposite the Library at Commonwealth Place, and join us for a fun way to exercise!

Garden Group - Thanks to several members who stayed after the meeting in January, the garden library books are now reorganized and labelled, so please enjoy! We look forward to a year of sharing outings to each other's gardens and to public gardens, plus sharing our gardening habits on the last Thursday of each month. If members want to keep up to date with our planned activities, sign your name in the green folder, and Duana will put you on her email or phone out list.

Family History Group – Join those just getting started in their family search, and others who may have done extensive research. Although members may be initially seeking birth, marriage and death dates to complete a family tree, we often find and share family stories and memorabilia and become intrigued with the history of other times and places. Members are kept updated on local resources such as Victoria Genealogical Society and events such as LDS Family History Conference, as well as best web sites and publications. Experienced researchers, Kay Porter and Helen Ayers, assist members in finding needed information. We meet on the first Tuesday of the month in the Studio/Lounge. For more info., contact Diane Anderson (250) 477- 8255 or anderson.diane@me.com)

Dominoes Group - meets on the third Tuesday of each month, from 1:30 to 3:00 pm. For more info., contact Rikki Bowman at 250-382-6197 or by email: rikkij@shaw.ca

Photo Group - met for three sessions in January to further their understanding of editing and the importance of lighting and composition in photography. These sessions are being followed with photo shoots to places of interest.



SPRING COURSES

CB55+ Courses - Register for these courses in the CB55+ Office Monday - Thursday, 9:00 - 2:30, and Friday, 9:00 - 12:00 (Cash or cheques made out to CB55+ Assoc.) You **MUST** be a member!

| | | | | |
|----------------------------------|-----------------------------------|-----------------------|------------------------------------|---------------|
| Stretch & Strength | Monday and Thursday, 9:30 - 10:30 | Mar. 2/5 - Apr. 27/30 | \$6.50/class or \$60 pass (any 10) | (No drop-ins) |
| FULL Big Room | Instructor: Viera Janco | | | |
| Bridge for Beginners | Monday, 9:30 - 11:00 | Mar. 2 - Apr. 27 | 8/\$50 | |
| Studio | Instructor: Debbie Wastle | | | |
| iPad/iPhone for Beginners | Monday, 10:45 - 12:15 | Feb. 23 - Mar. 30 | 6/\$40 | |
| FULL Big Room | Instructor: Monica McGarrigle | | | (No drop-ins) |
| iPad/iPhone Intermediate | Monday, 1:30 - 3:00 | Feb. 23 - Mar. 30 | 6/\$40 | |
| FULL Big Room | Instructor: Monica McGarrigle | | | (No drop-ins) |
| Ikebana for Beginners | 4th Tuesday, 1:30 - 3:00 | Mar. 24 - June 23 | 4/\$40 | |
| Studio | Instructor: Lorian Roberts | | | |
| Ukulele for Beginners | Wednesday, 10:30 - 11:30 | Mar. 4 - Apr. 8 | 6/\$55 | |
| Big Room | Instructor: Len Knoke | | | |
| Walk Away the Pounds | Wednesday, 11:45 - 12:45 | Mar. 18 - Apr. 29 | \$2 drop-in | |
| Big Room | Instructor: Elaine Kirkpatrick | | | |

CB55+ members requested that the new programs listed below be offered at the Centre. However, due to low number of registrations, we cannot offer Microsoft Email, Microsoft Calendar, Microsoft Excel, Microsoft Word, Portrait Sketching, Osteofit, and Stretch and Strength for Beginner's. If members would like these courses to be offered in the future, please contact Pat Bancroft at patbancroft@telus.net to express your interest as well as the day of the week/times that would work for you.

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

| | | | |
|---------------------------------|-------------------------------|-------------------|--------|
| Chair Yoga (#641720) | Tuesday, 2:00 - 2:45 | Mar. 3 - Apr. 21 | 8/\$44 |
| Big Room | Instructor: Tessa Rae Hamelin | | |
| Gentle Yoga (#641730) | Tuesday, 3:00 - 4:00 | Mar. 3 - Apr. 21 | 8/\$58 |
| Big Room | Instructor: Tessa Rae Hamelin | | |
| Gentle Yoga (#641733) | Sunday, 2:00 - 3:00 | Mar. 8 - Apr. 26 | 7/\$51 |
| Big Room | Instructor: Tessa Rae Hamelin | | |
| Tessa Rae Yoga (#641738) | Thursday, 7:15 - 8:15 pm | Mar. 5 - Apr. 23 | 8/\$58 |
| Big Room | Instructor: Tessa Rae Hamelin | | |
| Line Dancing (641780) | Friday, 10:00 - 11:15 | Mar. 6 - May 1 | 8/\$56 |
| Big Room | Instructor: Vicki McCulloch | | |
| Zumba Gold (#641798) | Thursday, 11:00 - 12:00 | Mar. 12 - Apr. 30 | 8/73 |
| Big Room - | Instructor: Studio VZF | | |

COURSE DESCRIPTIONS

Bridge for Beginners - Bridge is a great card game, and it can provide immense challenge and enjoyment for life. This course is intended for the **complete beginner**, one who knows nothing, or almost nothing, about Bridge. Each class is about 1 1/2 hours, depending on the questions and discussions among the students.

Ikebana for Beginners - This is the Japanese art of arranging flowers. Explore the Ikebana values of discipline, knowledge of rules and forms, and idealized approach to nature using fresh flowers and greenery. You will learn to create distinctive, elegant designs that exude harmony, balance, and well-being, while learning the history and fundamental approach of Ikebana and its different schools. The instructor, Lorian Roberts, has just returned from attending the 120th Year Anniversary of the Ohara School of Ikebana in Tokyo and looks forward to sharing her knowledge with our members.

iPad/iPhone Beginners - This 6-week course will provide you with an introduction to your iPad.

iPad/iPhone Intermediate - This 6-week course will provide you with advanced uses and programs available for your iPad.

Stretch & Strength - The maximum registration number for these popular classes is 20 people for a 2-month period. No drop-ins will be allowed, once the classes are full.

Ukulele - is for new learners and for those who want to hone their skills on this fun instrument. Registrants must have their own ukulele, and a tuner is recommended. \$6 fee for music hand-outs.

Walk Away the Pounds - A CB55+ member is offering to lead this walking exercise program for 7 sessions, to teach others about losing weight using this popular method. It's only a toonie to drop in!

Line Dancing - Learn some basic dance patterns, which will be put together into an actual line dance. You will dance your very first class to music, and repeat the steps until you are comfortable. No partner required. All levels welcome.

Chair Yoga - With the emphasis on the breath combined with gentle postures students will experience the many benefits of yoga: calmer, more focused mind, increased flexibility, better balance, strengthened muscles and nervous system.

Gentle Yoga - Suitable for students comfortable with balance, and getting up and down to the floor smoothly. We will work on a variety of yoga exercises, to create a balance between strength and flexibility, and with confidence so you can practice at home safely.

Tessa Rae Yoga - Learn and practice gentle exercises to strengthen and stretch the body, safely stabilize the shoulder and pelvic girdle, reduce back and neck pain, and stress in the body and mind, all in a safe environment to heal and prevent further injury.

Zumba Gold® - Designed for active older adults and people starting their fitness journey, ZUMBA Gold® combines easy-to-follow moves with zesty Latin and international rhythms to create an energizing and fun fitness experience that is less intense than regular ZUMBA.

BLUE HERON CAFE NEWS

Many thanks to Marilynne Convey for all her hard work in setting up the Blue Heron Cafe and kitchen, recruiting and leading the kitchen volunteers, and preparing and serving the many fabulous lunches over the past year! Her dedication will be missed! Val Baba has kindly agreed to be the interim Kitchen Coordinator, and will be requesting help from CB55+ members to continue this great service! The Cafe will be open from 9:00 Monday through Friday. There are no scheduled lunches at this time, so check the website's Upcoming Events for future lunch dates and menus.

CB55+ Board Of Directors 2014/2015

EXECUTIVE

| | | |
|---------------|-----------------------|--------------|
| Dave Docherty | President/Governance | 250-658-8303 |
| Louise Parton | Vice Pres /Governance | 250-658-8462 |
| Rich McMorran | Past Pres/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/Facility Maint. | 250-658-4801 |
| Tom Wood | Director at Large | 250-477-1682 |

MEMBERSHIP

Did you know that there are now 553 CB55+ members? Not all of you have paid your 2015 membership fees, so please see to this asap. \$40 is the annual membership fee to join CB55+, which allows you to participate in the many wonderful activities and events provided by this organization. LIFE memberships are discreetly available for those with low incomes. Enquire at the CB55+ Office.

BONUS: If you turned 90 in 2014, your membership is free in 2015 — you will become one of our “**Golden**” members

REMINDERS

Don't forget to use your Smile Card when you shop at Thrifty's, as 5% of every purchase goes to CB55+. Also, when you shop at Tru-Valu, say “#2, please” at the check-out counter, and 1% of your purchase will come to CB55+. Great community support!

The CB55+ Centre is open from 9:00 to 4:00 pm, Monday to Friday, and the CB55+ Office is open from 9:00 to 2:30 Monday through Thursday, and until noon on Fridays.

DROP-IN TUESDAY SCHEDULE

Big Room, 10:00—11:30 am

Speakers are subject to change; check the website

MARCH

| | | |
|-------|----|--|
| March | 3 | End of Life Issues - Dr. Chris Pengilly |
| | 10 | Women Travellers throughout the Ages - Dr. Margie Mayfield |
| | 17 | St. Patrick's Day Ceilidh - Blue Heron Singers |
| | 24 | CB55+ AGM |
| | 31 | Port of Victoria - TBA |

APRIL

| | | |
|-------|----|--|
| April | 7 | Development of a Sustainable Environment - David Butterfield |
| | 14 | Climate Change and Science Fiction - TBA |
| | 21 | Armchair Travel - India - Duana and Bob McHugh |
| | 28 | Ethical Issues in Animal Experimentation - Dr. Elke Kluge |

MAY

| | | |
|-----|----|--|
| May | 5 | How to Live Every Day - Pat Nichol |
| | 12 | Armchair Travel - Cuisine in Lyon, Carnivals in Venice, Menton, and Nice - Pat and Ed Bancroft |
| | 19 | A Celebration of Victoria's Residential Heritage - TBA |
| | 26 | History of Cordova Bay - TBA |



BY THE WAY

The Blue Heron News comes out four times a year. The Summer edition will be out in June. Phone the office or check our website for up-to-date information on programs.

<http://www.cordovabay55plus.org>

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

| MARCH 2015 | | Seaside | Courtyard | Studio | Cafe/ Lounge | Off-Site |
|----------------|----|---|-------------------------|--|--------------------------------------|--|
| Monday | am | Men's Fitness 8:30 - 9:25 Stretch/Strength 9:30-10:30 iPad Beginner's 10:45-12:15 | | Beginner's Bridge 9:30 - 11:00 | Cafe open 9:00 | Hot Shots, Badminton Hall, Sutcliffe 10:00 - 12:00 |
| | pm | iPad Intermediate 1:30 - 3:00 | | | | |
| Tuesday | am | Drop-In Speaker Program 10:00 - 11:30 | | Blood Pressure Clinic 9:00 - 10:00 March 17 | Cafe open 9:00 | |
| | pm | Chair Yoga 2:00 - 2:45 Gentle Yoga 3:00 - 4:00 | | Family History 1:00 - 3:00 (1st Tues.) Poker Group 2:00-4:00 (2nd Tues.) Dominoes 1:30-3:00 (3rd Tues.) Ikebana 1:30 - 3:00 (4th Tues.) | Family History using computers | Pickle Ball, Saanich Commonwealth Gym, 4:15 - 6:15 \$2 drop-in |
| Wednes- day | am | Men's Fitness 8:30 - 9:25 Ukelele 10:30 - 11:30 Walk Away the Pounds 11:45 - 12:45 | | | Cafe open 9:00 | |
| | pm | Bridge Group 1:00 - 4:00 | Cribbage 1:00 - 3:00 | Studio Group 1:00 - 4:00 | | |
| Thursday | am | Stretch & Strength 9:30-10:30 Zumba Gold 11:00 - 12:00 | | Board Meeting 10:00 - 12:00 (2nd Thurs.) | Cafe open 9:00 | |
| | pm | Table Tennis 1:00 - 1:45 Blue Heron Singers 2:30-4:00 Tessa Rae Yoga 7:15 - 8:15 pm | | Garden Group 1:00 - 2:30 (last Thurs.) | | |
| Friday | am | Line Dancing 10:00 - 11:15 | | Creative Writing 11:00 - 1:00 | Cafe open 9:00 | Hiking Group Lochside Park 8:50 - 12:00 Walking with Dogs 8:50 - 11:30 Various trailheads |
| | pm | On the Go Again 1:30 - 3:30 | | Mah Jong 1:30 - 4:00 | | |

NOTE: The new Sunday Games drop-in group meets on the third Sunday of each month, from 1:00 to 3:00 pm. A Saturday Walking group may also start. Sign up in the green folder in the Lounge.