



Blue Heron News

Cordova Bay 55 Plus Association

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WHAT'S COMING UP

Fri. March 3 - Two short plays - College of Perf. Arts, \$21 - Carpool 1:00, Show 2:00

Sat. March 4 - "Pride and Prejudice", \$59, Chemainus - Carpool 9:00, return 5:30

Tues. March 7 - Chinese Lunch from Halibut House, (after Tuesday Drop-In) Tickets \$12, on sale in CB55+ Office

Tues. March 14 - St. Patrick's Day Celebration with the Blue Heron Singers

Tues. March 14 - "Taking Leave", Langham Theatre - Carpool 7:00, 2/\$40

Fri. March 17 - "One World" (Pearson College), McPherson Theatre, 2:00, \$12

Tues. March 21 - CB55+ Annual General Meeting and light lunch - 10:00 am

Tues. May 2 - Rhodo Ramble at Bobbi & Don Johannessen's (5575 Parker Ave.)

Thur. May 18 - Tugwell Meadery & lunch at Sooke Harbour House, Sign up in Lounge

CB55+ ANNUAL GENERAL MEETING
Tuesday, March 21 at 10:00 am
followed by a FREE light lunch!

All CB55+ programs will be running during the school spring break (March 20 - 31).

PRESIDENT'S MESSAGE

Talk of a strange start to 2017! I cannot recall so much snow that caused a lot of disruption, including activities at the Centre. Two consecutive cancellations for Tuesday morning speakers forced last minute replacements. I guess it is part of "climate change" and the weather patterns seem to be getting more extreme. However, we are luckier than other parts of the world.

We celebrated Robbie Burns with a traditional lunch, piper and orator who addressed the haggis with passion! The kitchen, under the able guidance of Helen Maxwell and Sue Williams, has been dishing out great meals at unbeatable prices so kudos to them and their helpers for providing sustenance to our souls and stomachs!

The next big event is the AGM on Tuesday, March 21, and I hope you plan on attending. I think it is a time of celebration and recognition of all the achievements at CB55+, thanks to our many generous volunteers! It is also time to look ahead and elect new Directors to the Board to lead us into the coming year. If you are interested in standing for the Board, please contact Mike Phillips, Gwen McPherson, or Andrea Lindsay. A free light lunch after the meeting will be offered to all attending.

As it is the end of my second term as President, I am stepping down, in accordance with our Bylaws. I would like to take this opportunity to thank all the Directors who have served during my two terms. I have mentioned on several occasions how fortunate we all are to have such a dedicated group of people who spend so much time on the business related to running CB55+. I would also like to thank you for your support during my tenure. It really has been a privilege and honour to serve as President of CB55+. I have followed some great people who have helped build the Association since its inception. I would be remiss in not singling out the huge contribution of Rich McMorran who served as my mentor and counsel. Lastly, I want to thank Brenda Hurd and Judy Burgoyne who work hard and have fun keeping us informed about what happens with CB55+, through the Blue Heron News and our website.

David Docherty

THEATRE and MUSIC

Friday, March 3 - "Under Milkwood" and "The Triangle Factory Fire", Cdn. College of Performing Arts (Performance Hall - 1701 Elgin Rd.), tickets \$21, Carpooling at 1:00; Show at 2:00 pm.

Saturday, March 4 - "Pride & Prejudice" - Chemainus Theatre, Carpooling 9:00 am; return 5:30pm; tickets with Buffet \$71, no lunch \$59, add \$3.00 gas for driver.

Tuesday, March 14 - "Taking Leave" (a heartwarming story of living and leaving), Langham Theatre Carpooling at 7:00; Show at 8:00 pm, tickets 2 for \$40.

Friday, March 17 - "One World" (a celebration of diversity through music, stories and dance by Pearson College), McPherson Theatre; Carpooling at 1:00; Show at 2:00 pm, tickets \$12.

Saturday, March 18 - College of Performing Arts and the Naden Band Show 2:00 pm, tickets \$24. This may book up fast - members should purchase tickets on their own.

Saturday, April 22 - "Two Pianos, Four Hands" - Chemainus Theatre, Carpooling 9:00 am; return 5:30 pm; tickets with Buffet \$71, no lunch \$59, add \$3.00 gas for driver.

Films From UK National Theatre - "Amadeus" (March 4), "Hedda Gabler" (March 8 or April 4), "Saint Joan" (March 12), **Films From Stratford** - "Macbeth" (March 18), "Love's Labour Lost" (April 29). All these films are at Tillicum Silver City. Cost is approximately \$20.

For all productions, register and pay at the office as soon as possible. Contact Hazel Bowman for more information (ph: 658-5928 or email: hibow@shaw.ca).



REMEMBER WHEN ... How many of you remember the CAR RALLIES we had early on? What a hoot! The "Walking Group" organized a rally held on August 18, 2006. There were 12 crews of 4 people per car - a driver, a navigator, and 2 "runners." Before a crew could leave the parking lot, Michael and Pauline Skinner did a check of the car. Seat belts on, driver's license in order, no booze or drugs on board . . . the emphasis was on safety and fun. Each crew had to return with a cinnamon bun from Breadstuffs for the Rally Master - Michael.

Crew #12 was late returning to the Centre – they got lost! Michael had sent out a crew to take the ribbon route markers down, assuming all crews were back.

Some of the teams dressed up for the rally. Val Baba's team looked very regal in black dress with white gloves and tiaras. And who was in this crew dressed as birds of prey?????



INTERGENERATIONAL PROGRAMS

Who says that Pickleball is for retired people? As part of the IG Program, a group of players from the Pickleball Group recently held a series of Pickleball Clinics for the Grade 4/5 students at the school. The students learned the basics of the game and then spent two sessions practicing their new-found skills in mini-games. It is not sure who had more fun the volunteers or the students.

The Support-a-Reader Program continues to thrive. We have fourteen volunteers working with students from seven different classes, and everyone (students and readers) seems to be benefitting. We do have a couple of openings available, and there are always new opportunities coming up as people change circumstances, so if you would like details about the program, please contact Von Bishop at vonandjane@shaw.ca or ph: 477-6206.

Recently close to 50 students chose to spend their recess time playing Lego and boardgames, cooking, and participating in a mini-photography "course" with CB55+ members. The volunteers made each activity a fun, learning experience. IG Photo group will resume in the fall.

SPECIAL EVENTS

Sobeys/Thrifty Foods Distribution Centre Tour - Wednesday, March 22 - Carpooling at 12:30, Tour from 1:00 - 1:45 pm, free. Max: 25. All that food on the shelves in the Thrifty Food Stores must be distributed from somewhere. Interested in touring the centre for distribution of dry groceries and dairy products, located at Victoria International Airport? Here is your opportunity. Part of the tour is in a 3.6 degree Celsius cold room, so dress warmly.

University of Victoria Forest Biology Guided Tree Walk - Sunday, April 23, 1:00 - 2:30 tour, free. Max: 50. Participants will be provided with a map, lead by a guide to view and learn about some of the trees on the UVic campus. Participants need to have good walking endurance.

Playfair Park - May 25, 30, or 31. The start time and meeting place to be determined, free. Max: 14 people per tour. Yann Gagnon from Saanich Parks & Recreation will lead participants on a tour of the lovely rhodod and azaleas. Terrain is not flat, so good mobility is a must. Watch for upcoming details.

BLUE HERON CAFE NEWS

The Stelly's School lunches on Wednesdays are popular and will continue until mid-June. **There will not be a lunch on March 8 because of our Chinese Luncheon on March 7.** During Spring Break, Helen and her kitchen team will provide lunch on March 22 - come and discover Russian Chicken and delightful accompaniments! On March 29, Jane Bishop and her wonderful Art Group will provide us with another gourmet lunch! Tickets are available Monday to Wednesday each week. Lunches cost only \$7.00 plus \$1.00 for tea or coffee. Come to the Centre for lunch!

We welcome all interested CB55+ groups to prepare and serve a lunch to the membership on a future Wednesday. Also, if you would like to offer your help in the kitchen, please see Helen Maxwell.

CB55+ Outreach Meal Program

Do you know of a CB55+ member who could benefit from some meals? This program is meant to provide short-term assistance with meals which could either be picked up at the Centre or delivered. We can also provide a list of companies that provide meals for a longer term.

Please call the CB55+ office at 658-5558 if you know of someone who could use our program, which is designed to complement, not replace, other existing CB55+ meal programs.

CB55+ SPRING GROUP SCHEDULE

| GROUP | DAY | TIME | ROOM | LEADER | NOTES |
|-------------------------------|---|-----------------------------|----------------------------|---|----------------------------------|
| Art Goup | Monday, except for planned art lessons | 1:30 - 4:00 | Studio | Jane Bishop 477-6206 | |
| Blue Heron Singers | Thursday | 2:30 - 4:00 | Big Room | Pat Robertson 479-4271 | |
| Book Club | 4th Tuesday | 1:30 - 3:30 | Studio | Sue Jergens 479-2226 | |
| Bridge - Drop-In | Monday Wednesday | 9:00 - 11:00 1:00 - 4:00 | Studio Big Room | Karen Bryan 896-1201 Orma Paton 658-4805 | |
| Creative Crafts NEW | 3rd Wednesday | 7:00-9:00 pm | Studio | Barbara Wade 655-1295 | |
| Cribbage | Wednesday | 1:00 - 3:00 | Lounge | Lindie Schwartz 658-1940 Rikki Bowman 382-6197 | |
| Digital Photography | 1st & 3rd Friday | 10:00 - 11:30 | Studio | Diane Anderson 477-8255 Diane Cowden 477-4571 | |
| Dominoes | 3rd Tuesday | 1:30 - 3:00 | Studio | Rikki Bowman 382-6197 | |
| Family History | 1st Tuesday | 1:00 - 3:00 | Lounge and Studio | Diane Anderson 477-8255 | |
| Hiking Group | Friday | 8:50 - 12:00 | Lochside Park | Michael Phillips 658-2702 | Year Round |
| Hotshots | Monday | 10:00 - 11:30 | Badminton Hall | Lorne Brack 479-8689 | Next session Mar. 20 - May 15 |
| Mah Jong | Friday | 1:30 - 4:00 | Studio | Mary Horton 658-4801 Glenda Kirk 658-1260 | |
| Men's Fitness | Monday & Wed. | 8:30 - 9:25 | Big Room | David Docherty 658-8303 | |
| 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 | |
| Pickle Ball | Tuesday Monday | 1:30 - 3:30 1:30 - 3:00 | Comm. Place Tolmie Park | Ed Bancroft 380-2411 Ted Dobie 477-5066 | Year Round Weather permitting |
| Poetry Reading | 1st/3rd/ 4th Thurs. | 10:00 - 12:00 | Studio | Ron Marken 778-265-9949 | Not meeting on Mar. 16 or 23 |
| Poker Group | 2nd Tuesday | 2:00 - 4:00 | Studio | Carole Didier 658-8444 | |
| Studio Group | Wednesday | 1:30 - 4:00 | Studio | Maura Dunn 652-2650 | |
| Sunday Games | 3rd Sunday | 1:00 - 3:00 | Lounge | Brenda Hurd 658-6484 | March 19 |
| Ukulele Group | Wednesday | 11:15 - 12:15 | Seaside Room | Carolyn Acs 388-0354 | |
| Walking Group | Friday | 9:30 - 11:00 | Various Trailhead | Pat Bancroft 380-2411 | |
| Walking with Dogs | Friday | 9:15 - 11:30 | Various Trailheads | Christine Smith 727-8544 | Year Round |

GROUP NEWS

Walking Group - meets on Friday mornings at 9:30 am at the designated Trailhead (see website for schedule all over Greater Victoria). The group goes on a brisk 60 to 90 minute walk on relatively flat ground. On March 3, we will be walking in the Cadboro Bay area, and on March 10, we'll be walking at Swan Lake. Looking forward to sharing the fresh air and companionship with you! Email Pat Bancroft at patbancroft@telus.net for more information.

Blue Heron Singers - Céad Míle Fáilte! The Blue Heron Singers invite you to be part of our Ceilidh at the Tuesday Drop-In on March 14 at 10:00, for songs, stories, limericks and other shenanigans! You are also welcome to join the Blue Heron Singers to sing or to listen most Thursday afternoons from 2:30 to 4:00 pm. Call Choir Leader, Pat Robertson, at 479-4271 for info.

The Happy Strummers - ukulele group meets Wednesdays 11:15 – 12:15. Seeking a group to strum with? Enjoy singing along? Bring your ukulele and join us. All uke enthusiasts welcome. Call Carolyn Acs at 388-0354 for more information.

Studio Group - We will continue making items for charity in the spring and summer and sell them after some Tuesday Drop-In's. Val Baba is teaching some of the children in the school to weave.

On The Go Again - The upcoming schedule for this group is below:

Mar. 3: Gentle exercises. "Hudson": Carolyn Acs March birthdays

Mar. 10: Saanich Volunteer Services

Mar. 17: Green Day and St. Pat's Sing-along with Pat Robertson

Mar. 24: Mystery objects

Mar. 31: Games Day

Digital Photography Group - now meets on the first and third **Friday** mornings of each month, 10:00 - 11:30 in the Studio. We are looking forward to at least two photo field trips in February and March: Fisherman's Wharf and St. Mary's Church in Metchosin. We continue to share photos and learn about composition and photo editing. Contact: Diane Anderson at anderson.diane@shaw.ca.

Family History Group - Spring meetings will include a guest, Gerry Poulton, to present "Family History on the Net—What You Can Get for Free" and Helen Ayers, "Paperless Genealogy". As well, we will go on a field trip to the UVic special collections in June. Meetings continue on the first Tuesday of each month, 1:00 to 3:00 pm. Contact: Diane Anderson, anderson.diane@shaw.ca.

Hotshots - The next session will start March 20 to May 15 inclusive (8 sessions). The registration fee is \$15.00, plus \$2.00 per session for pellets and targets. Please register at the CB55+ office. Contact the new leader, Lorne Brack at 479-8689 or lorne.brack@icloud.com for more information.

VOLUNTEERING

Many thanks to Dr. Chris Pengilly, a CB55+ member, for all his time and effort in providing regular blood pressure clinics at CB55+. This has been a great service for our members!

As Office Coordinator, I would like to deeply thank all the dedicated office volunteers for their hours of work to help keep CB55+ running so smoothly. Some of these wonderful people have been working in the office for upwards of 8 years, and are ready to cut back on their commitment. I am therefore looking for new volunteers to help ease the load. If you are interested in committing to a half-day shift at least twice a month and have office and computer skills, please contact me at cb55@shawbiz.ca or drea@shaw.ca. Come join with us! Andrea

SPRING CB55+ COURSES - Register at the CB55+ Office, 9:00 am to 3:00 pm, for these courses:

Telus Wise Seminar - Internet and Smartphone Education - Wednesday, March 8 & 15, 9:00 - 10:45 am
FREE - Studio Max: 20

This is a free educational program available to all Canadians - focusing on Internet and Smartphone safety/ security to help keep families safer from online criminal activity such as financial fraud and cyberbullying. Our TELUS WISE senior program is geared towards Canadian seniors who are already using the Internet and want to learn more about Internet and smartphone safety.

Beginner's Bridge Ongoing - Thursday, March 9 - April 13, 3:15 - 5:15 pm Studio, 6/\$60 Min: 8; Max: 12
Instructor: Michael Dickie

Only one more player is needed to fill this class, so register soon. Hand evaluation, opening bids and responses, and rebids will continue to be covered.

Guided Autobiography - Thursday, March 9 - April 13, 1:00 - 3:00 pm Studio, 6/\$75 Min: 8, Max: 12
Instructor: Harry Lewis

This class will involve activities that stimulate ideas and memories around particular life themes. Participants share their own writing on these themes each week in small groups, and by the end of the course will have a portfolio of writing to form the basis of an ongoing autobiographical project.

Watercolour Workshop - Saturday, March 11, 10:00 - 4:00 pm Studio - \$45 Max: 12
Instructor: Joanne Thomson - www.joannethomson.com

Watercolour basics: Texture and volume. We will experiment with textures using a still life of stones and fruit using shading and shadows to create the illusion of 3-D volume. This workshop is designed for beginner and experienced water colourists. Supplies are not included. Request a supply list upon registration.

NOTE: iPad Beginner's Make-up Classes (due to weather cancellation of Feb. classes) -
Monday, April 10, 10:45 -12:15 and 1:30 - 3:00 pm (For those registered in the February course)

SPRING SAANICH COURSES - Call Saanich Recreation at 475-7600 to register for these courses:**Chair Yoga**

798457 Tuesday, Apr. 25 - June 13 2:00 -2:45 pm 8/\$48 Instructor: Tessa Rae Hamelin

Gentle Yoga

798460 Tuesday, Feb. 28 - Apr. 18 3:00 - 4:00 pm 8/\$64 Instructor: Tessa Rae Hamelin
798463 Tuesday, Apr. 25 - June 13 3:00 - 4:00 pm 8/\$64
798461 Sunday, March 5 - Apr. 23 2:00 - 3:00 pm 7/\$56
798462 Sunday, Apr. 30 - June 18 2:00 - 3:00 pm 7/\$56

Hatha Yoga

798750 Monday, March 6 - Apr. 24 5:00 - 6:00 pm 7/\$56 Instructor: Christina Corazza
825504 Wednesday, Apr 5 - May 17 4:30 - 5:30 pm 7/\$56 ***NEW
787751 Monday, May 1 - June 19 5:00 - 6:00 pm 7/\$56

Tessa Rae Yoga

798754 Thursday, March 2 - Apr. 20 7:15-8:15 pm 8/\$64 Instructor: Tessa Rae Hamelin
798755 Thursday, Apr. 27 - June 15 7:15 - 8:15 pm 8/\$64

Line Dancing

799961 Friday, March 10 - May 5 10:00-11:15 am 8/\$56 Instructor: Vicky McCulloch
799962 Friday, May 12 - June 30 10:00-11:15 am 8/\$56

CB55+ Board Of Directors 2017

EXECUTIVE

| | | |
|---------------|-----------------------|----------|
| Dave Docherty | President/Governance | 658-8303 |
| Louise Parton | Vice Pres /Governance | 658-8462 |
| 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

We have 427 members in good standing (who have paid their 2017 membership), as well as 27 Golden members! If you turned 90 years of age last year, you can be a Golden member of CB55+ too, which means you don't have to pay any membership fee to belong to this great Association! If you turn 90 this year, next year is free! **If you have not yet paid for your annual membership, you will not be able to vote at our upcoming AGM, may not participate in group activities, and will not receive the quarterly Blue Heron newsletter, so please renew now!** If you do not plan to renew your membership, it would be very helpful if you could phone the Office to let them know this. Thank you!



Intergenerational Pickleball - lots of fun!

DROP-IN TUESDAY SCHEDULE

Big Room, 10:00— 11:30 am

(SPEAKERS ARE SUBJECT TO CHANGE; CHECK THE WEBSITE FOR UP-TO-DATE INFO.)

MARCH

- March 7 Sites & Sights of China - Art Hanson (Halibut House Chinese Lunch)
- 14 St. Patrick's Day Celebration - Blue Heron Singers
- 21 Annual General Meeting (Light Lunch)
- 28 Armchair Travel - Ireland - Isabel & Michael Phillips

APRIL

- April 4 Dave Obee - Times Colonist Editor
- 11 Red Guards, Mao & Rice: Growing Up During the Cultural Revolution - Jiemei Li
- 18 Armchair Travel - Taiwan & Cebu - Pauline Cohen
- 25 Tugwell Creek Honey Farm and Meadery

MAY

- May 2 Rhodo Ramble - Home of Bobbi & Don Johannessen
- 9 Armchair Travel - Dubai - Chris Carter
- 16 Student Aviation Program at Mt. Doug Secondary - John Sumner
- 23 Nellie Cashman - The Angel of Cassiar - Impersonation by Barb Forsyth
- 30 Senior Driving - Steve Wallace

BY THE WAY

This is the **50th issue** of the BHN! The next BHN will be out at the beginning of June. Check our website for up-to-date information on CB55+ <http://cordovabay55plus.org>



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

| MARCH | | Seaside | Courtyard | Studio | Cafe/ | Off-Site |
|-----------|----|--|-----------|---|--|--|
| Monday | am | Men's Fitness 8:30 - 9:25 Women's Fitness 9:30-10:30 | | Drop-in Bridge 9:00 - 11:00 | | Hot Shots 10:00 - 11:30 Badminton Hall |
| | pm | Osteofit 1:30 - 2:30 Hatha Yoga 5:00 - 6:00 March 6 - April 24 | | Art Group 1:30 - 4:00 | | Pickleball 1:30 - 3:00 Tolmie Park |
| Tuesday | am | Drop-In Speaker Program 10:00 - 11:30 | | | | |
| | pm | Gentle Yoga 3:00 - 4:00 Feb. 28 - April 18 | | Family History, 1st Tues., 1 - 3 Poker Group, 2nd Tues., 2 - 4 Dominoes, 3rd Tues., 1:30 -3:00 Book Club, 4th Tues., 1:30-3:30 | | Pickle Ball 1:30 - 3:30 Saanich Commonwealth Place |
| Wednesday | am | Men's Fitness 8:30 - 9:30 Osteofit 10:00 - 11:00 Ukulele Group 11:15 - 12:15 | | Telus Wise Seminar 9:00 - 10:45 Mar. 8 & 15 | Blue Heron Cafe 11:30 - 12:45 | |
| | pm | Bridge Group 1:00 - 4:00 | | Studio Group 1:30 - 4:00 Creative Crafts, 3rd Wed., 7:00 - 9:00 pm | Cribbage 1:00 - 3:00 | |
| Thursday | am | Women's Fitness 9:30 - 10:30 | | Board Meeting, 2nd Thurs, 9:00 - 11:00 Poetry Grp. 1st, 3rd, 4th Thurs., 10:00 -12 | | |
| | pm | Blue Heron Singers Set-up 12:00 - 2:30 Blue Heron Singers 2:30 - 4:00 Tessa Rae Yoga 7:15-8:15 March 2 - April 20 | | Guided Autobiography 1:00 - 3:00 Beg. Bridge Ongoing 3:15 - 5:15 March 9 - April 13 | | |
| Friday | am | Line Dancing 10:00 - 11:15 March 10 - May 5 | | Digital Photo 10:00 - 11:30 1st & 3rd Fridays | | Hiking Group - Fowler Park 8:50 Walking Group 9:30 Walking with Dogs, 9:15 |
| | pm | On the Go Again 1:30 - 3:30 | | Mah Jong 1:30 - 4:00 | | |
| Sunday | pm | | | | Sunday Games, 3rd Sun., 1:00 - 3:00 | |