



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

Thurs., June 5 - Paul Harder Studio in Sidney (Bronze Sculptor) carpool 1:30

Mon., June 9 - Volunteer Appreciation Luncheon - 12:30

Tues., June 10 - Canada Day Fun

Fri., June 13 - Bingo & Lunch at Juan de Fuca Centre

Tues., June 17 - Garden Party Potluck 11 - 1, Connie McKenzie's 5366 Parker

Thur., June 19 - Meet & Greet, 9:30 - 11:00. All members welcome!

Tues., June 24 - Garden Tour - Johannessens' and Watkins'

Tues, July 15 - Strawberries & Waffles - Tickets \$5 - CB55+ office

Tues., Aug. 12 - BBQ by Men's Group

Sunday, Sept. 28 - Saanich Heritage Bus Tour and Tea 12:30 - 4:30

PRESIDENT'S MESSAGE

I hope you are taking advantage of this glorious time of the year in Victoria. The flowers are blooming and blossoms blowing and the gardens are looking spectacular. I trust you are enjoying all the pleasures of the season and that the CB55+ Association is contributing in many ways to satisfy your needs.

The Board is hosting a luncheon for our many volunteers on Monday, June 9. The purpose of this event is to thank all those who run groups, organize and help with activities, maintain a friendly and efficient office that communicates with our members on a regular basis and welcomes all who come to CB Place. We are hoping as many of you as possible will be able to come. The lunch will be catered by the Mason Jar Eatery, and is one of the many ways in which we support local business.

Many of you know that, thanks to the efforts of Marilynne Convey, we will be offering a regular service from the Servery that will encourage members to drop in and socialize with a beverage and a yummy baked goodie. Check this newsletter for the opening hours and the menu. The Servery needs to be licensed, which means the need to follow more guidelines. This means some things will be done differently, but we hope these changes benefit all of our members. We ask for your patience as things evolve, and we look forward to your feedback once the new plan has had a chance to be tried and tweaked.

Membership continues to be strong because of all the activities and interests that make CB Place vibrant. The Board works hard to keep things on track and are always open to suggestions on how to better serve our members.

David Docherty



WHAT'S BEEN HAPPENING AT CB55+?



Mah Jong, anyone?



Nice aprons!



Great exercise, Men!



Stacking the shelves!



How about Bridge?

Thanks to Ruth Watson for the great aprons and hair protectors!



Teaching games is fun!



Admiring Enid's Garden



Kids teaching Seniors how to keep fit!



THEATRE and MUSIC

Sun. July 13, Pacific Tattoo, Save-On Foods Memorial Arena, 2:00 pm.
\$45.25. Sign-up sheet in the lounge.

Watch for schedules for the Belfrey and Langham Court theatres in the Fall BHN.

There is a sign-up sheet for Camelot (November 23, at 2:30). Tickets \$50. Victoria Symphony and Pacific Opera are co-producers.

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

TRAVEL

Thurs., June 5 - Paul Harder Studio in N. Saanich (Bronze Sculptor) carpool 1:30.

Fri., June 13 - Lunch & Bingo, Juan de Fuca Centre

Sun., Sept. 28 - Sign-up sheets for Saanich Heritage Bus Tour & Tea (12:30 - 4:30)

Nov. 17 - 20 - Whistler Trip (\$749 includes accommodation, transportation, meals and entertainment. Sign-up sheet in lounge.

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

FUNDRAISING AND VOLUNTEERING

The VOLUNTEER RECOGNITION LUNCH will take place on Mon., June 9, at 12:30, at CB Place. This lunch is for all members that have volunteered since September 2013 for any of the jobs that help make CB55+ the great place it is! Please let us know asap if you can join us for this celebration of your gift of time and talent. There is a sign-up sheet in the Lounge or you can phone or send an email to the CB55+ Office. For more information, contact Doris Brix at 479-7420 or dbrix@shaw.ca We appreciate all of our dedicated volunteers!

Our application for the Thrifty Foods Smile Card fundraising program has been approved once more! The program runs from May 2014 to April 2015, with a maximum of \$2500. The funds raised this year will be used to purchase a defibrillator for CB Place, as well as training of volunteers on the proper use of this equipment. Every time you use your Smile card at Thrifty's, we receive 5% of the purchase. If you don't have a Smile Card and you do some of your shopping at Thrifty Foods, please stop by the CB55+ office and get one, along with a set of instructions on how to use it. Last year, we raised \$1,814.49 through this program, and the money was used to help with the cost of constructing the four new handicap spaces on the south side of our building.

We are #2 on the SPIRIT BOARD for Tru Value Foods "Give Back to the Community" fundraising program. When shopping at Tru Value Foods, all you have to do is tell the check-out clerk that you wish your donation to go to CB55+ which is #2 on the list, and Tru Value will donate 1% of your purchase price to CB55+. To date, Tru Valu has donated over \$3000 to us since the store opened at Sea View Plaza in Cordova Bay. REMEMBER # 2!!!

INTERGENERATIONAL PROGRAMS

Building on the success of MAIR (now iPHOTO) and iPAL (physical activity and leadership), and other previous intergenerational activities, eight new groups were added this Spring. They included students interviewing seniors, favourite books being shared, learning about cooking, creative drama, playing board/card games, bicycle safety, art (painting), and crafts. These activities and interactions were very well received. Diane Cowden deserves our appreciation for organizing these "i" activities with the school, and a special thank you to the leaders who made them so interesting for the students. Great opportunities for all ages!

iPHOTO: We are just finishing our third and final session of the year. We have managed to work with all of the Grade 4 and 5 students in the school, almost 100 students, and have enjoyed teaching and learning with all of them. The 55+ volunteers have accompanied the students on three really enjoyable field trips to Heritage Acres and the students have displayed their work and have written poetry to go along with their photos. All of us have enjoyed getting to know the students. The feedback from students and teachers has all been very, very positive.

BY THE WAY

There will be another "Meet & Greet" for all members, especially those who have recently joined CB55+, to meet the new Board and learn about what's happening at CB55+. This event will take place on Thursday, June 19, 9:30 to 11:00 am. Information about the history and organization of the Association will be presented through a slide show, and group leaders will share information about their groups, and invite all members to join in the fun! Come and socialize with free coffee, tea, and goodies, and learn all about how you can get involved!

The Studio Group will be holding a craft sale at St. David's Church, on Cordova Bay Day, Sat., June 21, from 11:00 to 3:00 pm. Come and buy some great items and support this community event!

GROUP	DAY	TIME	ROOM	LEADER	NOTES
Blue Heron Singers	Thursday	2:30 - 4:00	Big Room	Pat Robertson 479-4271	Until June 19
Bridge - Drop-In	Wednesday	1:00 - 4:00	Seaside Room	Rene Johnson 708-0017 Alice Neuman 658-5015	Drop in all summer
Creative Writing	Friday	10:00 -12:00	Studio	Jane Phillpotts JEP@shaw.ca	Drop in all summer
Cribbage	Wednesday	1:00 - 3:00	Courtyard Room	Lindie Schwartz 658-1940	Until June 26
Family History	First Tuesday	1:00 - 3:00	Studio	Diane Anderson 477- 8255	Contact leader
Garden Group	Last Thursday	1:00 - 3:00	Studio	Duana McHugh 658-6775	Continues July and August
Hiking Group	Friday	8:50 - 12:00	Lochside Park	Mike Bonnor 370-2212	Continues July and August
Hotshots	Monday	10:00 - 12:00	Badminton Hall	Michael Phillips 658-2702	Until June 8
Mah Jong	Friday	2:00 - 4:00	Studio	Mary Horton 658-4801	Until June 27
Men's Fitness	Monday Wednesday	8:30 - 9:25 8:30 - 9:30	Big Room	David Docherty 658-8303	Until August
Men's Group (GHOTH)		day trips	Community Outings	David Docherty 658-8303	Contact Leader
On The Go Again	Friday	1:30 - 3:30	Big Room	Bobbi Johannessen 658-8824	Will meet 4 times in summer
Photo Group	Monday	1:00 - 2:30	Lounge	Diane Cowden 477-4572	Starts Oct. 2014
Pickle Ball	Wednesday	4:00 - 6:00	School Gym	Duana McHugh 658-6775	McMinn Park starts July 2 3:00 - 5:00 pm
Poker Group	2nd Tuesday	2:00 - 4:00	Studio	Carol Didier 658-8444	Contact Leader
Stretch & Strength	Monday Thursday	9:30 - 10:30	Big Room	Irene Timms 479-7182	Continues July and August
Studio Group	Wednesday	1:00 - 4:00	Studio	Maura Dunn 652-2650	Continues July and August

GROUP NEWS

The Blue Heron Singers - We have had another full and harmonious year! We are planning to sing for and with audiences in the community, including the "Canada Day" program on June 10. Our last "Sing" at the Centre for this season will be June 19. You may be interested to know that the Blue Heron Singers have made a donation again this year to the Dorothy Evans Music Scholarship that was established to honour 'the legendary teacher' – also known and loved as our violin/fiddle accompanist! We plan to begin our seventh year in September. Everyone is welcome to come to sing or to listen - anytime! Contact Pat Robertson at 250-479-4271.

GROUP NEWS - Cont'd.

Men's Fitness Group - This group is going strong and getting stronger!! Men! Come and join us on Monday and Wednesday mornings from 8:30 - 9:30 for some fitness, followed by coffee, goodies and great company (as long as we don't drink too much coffee or eat too many home-baked goodies). For more information, contact Dave Docherty (250-658-8303 or angdave@telus.net).

Men's Group (GHOTH) - We had a very successful trip to the Museum of Biodiversity at UBC last month with an excellent guided tour of the Museum and exhibits by Dr. Andrew Trite (Director of the Fisheries Program) who gave generously of his time and expertise. A big thanks to Bob DeRoos who kindly set it all up for us. On May 22 we visited the Haliburton Organic Gardens farm where we had a guided tour followed by lunch at the Cordova Bay Golf Club. Watch for information on the next outing at the end of June. If you are interested be sure to sign up. Contact Dave Docherty for more information.

Photo Group (Sharing Digital Photography Experiences) - Come and join other camera enthusiasts to share photos, ideas and experiences about digital photography. There will be two sessions for sharing and learning: (1) Monday, October 6 (Composition) and 13, 20 (iPhoto); and (2) Monday, January 5, 12, 19, 26 (Photoshop Elements). We will meet in the lounge, 1:00 - 2:30. If you have a laptop, please bring it along. For more info contact Diane Anderson 477-8255, anderson.diane@shaw.ca or Diane Cowden 477-4571 dianecow@shaw.ca.

On the Go Again - This popular group will continue with our regular schedule until the end of June. In the summer, we will meet on July 11 and 25; and on August 8 and 22. We will begin our Fall schedule on Sept. 5.

CB55+ Board Of Directors For 2014/15

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
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	250-658-8987
Jamie MacKenzie	Services/Facility Use Coord.	778-440-6566
Mike Mooney	Services/Facilities Security & Maint.	250-658-4801
Tom Wood	Director at Large	250-477-1682

SUMMER 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.

No CB55+ courses will run during the summer months at CB Place. Watch for details on Fall courses on the CB55+ website and in the next newsletter coming out at the end of August.

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

The current sessions of **Gentle Yoga, Hatha Yoga, Line Dancing and Zumba Gold** will be finished by the end of June. The Saanich summer courses at CB Place are the following:

Gentle Yoga	Tuesday, 3:00 – 4:00	Big Room	
June 24 – August 26	\$73.50 (10)	#600254	Tessa Rae Hamelin
.....	Sunday, 2:00 – 3:00	Big Room	

FALL PROGRAMS

All Coordinators of Cordova Bay 55+ Special Interest Groups, Special Events, Tuesday Drop-in, Courses, Cultural Events, and Intergenerational Programs are invited to attend a meeting with Pat Bancroft, Programs Director, on Monday, June 23 at 1:30 p.m. in the Seaside Room to discuss upcoming Fall Activities. Please rsvp to patbancroft@telus.net

WE ARE ALWAYS INTERESTED IN POTENTIAL COURSE TOPIC IDEAS, INSTRUCTORS, AND PRESENTERS that might be of interest to our members. Ideas could involve language learning, tea cup reading, woodworking, etc. Please send your suggestions to Pat Bancroft at patbancroft@telus.net so that they may be considered. All suggestions appreciated! We welcome your interest and input!

SAVORY SERVERY NEWS

We are pleased to announce that the Blue Heron Café is serving Oughtred Coffee, both regular and decaf. The Oughtred Coffee Company is a family-run business and was established on the island in 1976. As well, Tru Value Foods will provide some of our staples, and For Good Measure will supply our bulk goods. We are proud to have partnerships with these local companies.

The café is run by CB55+ members who volunteer each week to provide this service to our membership. Many thanks to Angie Docherty, Shirley Metters, Val Coulter, Doris Brix, Pauline East, Doreen Thom, Rosemarie Gibbons, Dot Pearson, Helen Gunter-Smith, Carol Didier, Isabel Phillips, Maureen Spoor, Pat and Ed Bancroft, Mikkel Bonnor, Orma Paton, Alison Kobayenyk, Connie McKenzie, Mary Horton, and Paddy Miller.

If you would like to join the Blue Heron Cafe volunteers, please contact Marilynne Convey, Servery Coordinator at m.convey@shaw.ca . We would welcome anyone who wants to serve, bake or cook!

DID YOU KNOW??? CB55+ is 10 years old this year!! The Board will be marking this big milestone with a celebration early in the Fall. Watch for details on the website and in the next Blue Heron News.

MEMBERSHIP

The cost for an annual membership is \$40 a year, but in July, the price drops to \$20.00, for the remainder of 2014. 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+.

By the way, any member who turned 90 in 2013, has earned 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.

LAST CHANCE . . .

to add a bit of your history to Dorothy Evans' program for an early Canada Day celebration at Tuesday Drop-in on June 10.

Last year, Dorothy asked “Who Do You Think You Are?” This year Dorothy has a new question: “Why did you come to Canada or to Victoria?” Look for the clipboard on the reception desk and add your information to become part of Dorothy's musical program.



REMINDERS - SUMMER HOURS

CB Place will be open from 9:00 to 4:00 pm, Monday to Friday throughout July and August, except for statutory holidays.

The CB55+ Office will **only** be open on Tuesday mornings, 9:00 - 12:00 pm.

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

JUNE

- June 3 Is There Privacy on the Internet
Colin Bennett
- 10 Canada Day Celebration
Dorothy Evans
- 17 Garden Party Pot Luck
- 24 Garden Tour

JULY

- July 15 Strawberries and Waffles

AUGUST

- August 12 BBQ - Men's Group

THE BLUE HERON CAFÉ

is now open from 9:00 to 3:00 on Monday and Tuesday, and from 9:00 to 2:30 on Wednesday. Group leaders can request an extra coffee time from the Servedy Coordinator.

Everyone is invited to come and enjoy fresh coffee, tea, juice and fresh baked goodies!! We plan to offer lunch on Wednesdays - starting date TBA.

Coffee, tea and Juice.....	\$1.00
(one free refill)	
Store Bought Cookies.....	\$1.00
Fresh Baked Goodies.....	\$1.50
Cup of Soup with bun/bread.....	\$3.00
Sandwich (full).....	\$3.00
(half)	\$1.50
Salad.....	\$2.00



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

June 2014		Seaside	Courtyard	Studio	Servery/ Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 9:25 Stretch & Strength 9:30-10:30		CB Elementary School 8:40 - 11:15 Indefinitely until June	Servery open at 9:00	Hot Shots Badm'n Hall 10:00 - 12:00
	pm			Photo Group 1:00 - 2:30 (by appt. only)	Servery closes at 3:00	
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30			Servery open at 9:00	
	pm	Gentle Yoga 3:00-4:00 Apr. 29 - June 17		Family History 1:00-3:00 (1st Tue) Poker Group 2:00-4:00 (2nd Tue)	Servery closes at 3:00	
Wednesday	am	Men's Fitness 8:30 - 9:30			Servery open at 9:00	
	pm	Drop-In Bridge Group 1:00 - 4:00	Cribbage Group 1:00 - 3:00	Studio Group 1:00 - 4:00	Servery closes at 2:30	Pickle Ball School Gym 4:00 - 6:00
Thursday	am	Stretch & Strength 9:30 - 10:30 Zumba Gold 11:00 - 12:00		Board Meeting 10:00 - 12:00 (2nd Thursday)		
	pm	Table Tennis 1:00 - 1:45 Blue Heron Singers 2:30-4:00 Hatha Yoga 7:00-8:00 pm		Garden Group 1:00-3 (Last Thurs)		
Friday	am	Line Dancing 10:00- 11:15 May 9 - June 27		Creative Writing 10:00 - 12:00		Hiking Group - 8:50 Lochside
	pm	On the Go Again 1:30 - 3:30		Mah Jong 2:00-4:00		