



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., Dec. 2 - Christmas Luncheon, The Beach House, 11:00

Sun., Dec. 7 - Yellow Point Christmas Spectacular, 10:15 -7:00, \$80. SOLD OUT!!

Tues., Dec. 9 - Blood Pressure Clinic, 9:00 - 10:00

Tues., Dec. 9 - "Christmas in the Bay" (Not A Concert!!) 10:00 - 11:30

Sun. Dec. 14 - "In The Gallery", Silver City Tillicum, 12:55 \$16

Sun. Dec. 14 - "Venus In Fur" at the Belfry Theatre, 2:00 \$34.97

Tues., Jan 20, 2015 - CB55+ 10th Anniv. Celebration, 9:30 - 11:45

PRESIDENT'S MESSAGE

Fall has been very busy as usual at the Centre, with so many activities and courses going on and more being added all the time. Membership continues to increase, but we do not feel we are yet at a point to think about expanding or looking for new space. However, it is never far from our thinking.

Congratulations are in order to the Studio Group who once again held a very successful Crafts Fair under the able direction of Maura Dunn and Sheila Woloshyn. The Centre was very busy, with lots of people passing through and enjoying the scones and tea that were on offer. I heard one couple comment as they were leaving that "this is what a community place should be". The lunches offered on Monday continue to receive lots of compliments, so thanks to Marilynne Convey and the many volunteers who are making this happen. Remember, coffee and homemade goodies are served every morning (except Friday) so drop by soon!

I must apologize for the third time that we have had to postpone the 10th Anniversary celebration of CB55+, due to extenuating circumstances. The Committee is committed to doing it well, so this memorable event will take place on Tuesday, Jan. 20, 2015, during Drop-in, FOR SURE!

All of us on the Board trust you are finding enjoyment in all that the Centre offers. We value your input in how things can improve and, although we may not always be able to satisfy everyone, we are certainly doing our best as are all the other volunteers. Your support and patience is appreciated.

Dave Docherty



CELEBRATION OF THE 10TH ANNIVERSARY OF CB55+

Come one, come all to honour this great Association on its decade + birthday!! The Celebration starts at 9:30 with snacks (sweet & savoury), and tea and coffee. We will have dignitaries, music, memories, and lots of fun !! At 11:45 there will be a grand cutting of the cake to culminate the festivities!! This event is free to all members.

WHAT'S BEEN HAPPENING AT CB55+?



Moroccan Tales



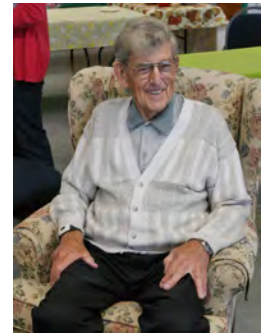
Who are these Halloween Beauties?



Happy 60th Anniversary to Ted and Joan



Hard workers for a good



Al Peltier enjoying the Lounge at the Centre



THEATRE and MUSIC

Wed., Dec. 10 - "John", National Theatre, 12:55

Sun., Dec. 14 - "In The Gallery" at the Silver City Tillicum - Take a cinematic Tour of The Tate Museum, UK (Matisse) (12:55 pm) \$16. Carpooling at 12:00 pm at CB Place.

Sun., Dec. 14 - "Venus In Fur" at the Belfry Theatre - "Sexy, sophisticated and side-splittingly funny" (Toronto Star) 2:00 pm \$34.97. Carpooling at 1:00 at CB Place.

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

TRAVEL

Several members recently went to the Little Cheese Shop for a tasting. At the time of printing this newsletter, there is a trip happening to see the Teddy Bears and Gingerbread Houses in downtown Victoria, and to enjoy lunch at the Legislature! Watch for some interesting trips coming up in 2015!!

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

GROUP SCHEDULES

GROUP	DAY	TIME	ROOM	LEADER	NOTES
Blue Heron Singers	Thursday	2:30 - 4:00	Big Room	Pat Robertson 479-4271	Ends Dec. 18 Resumes Jan. 8
Bridge - Drop-In	Wednesday	1:00 - 4:00	Seaside Room	Kathie Hazlewood 477-7984 Rosalie Heschuk 658-2101 Orma Paton 658-4805	Ends Dec. 17 Resumes Jan. 7
Creative Writing	Friday	11:00 - 1:00	Studio/Lounge	Jane Phillipotts JEP@shaw.ca	Ends Dec. 12 Resumes Jan. 9
Cribbage	Wednesday	1:00 - 3:00	Courtyard Room	Lindie Schwartz 658-1940	Ends Dec. 10 Resumes Jan. 14
Dominoes	3rd or 4th Tuesday	1:30 - 3:00	Studio	Rikki Bowman - 382-6197	Contact Leader
Family History	First Tuesday	1:00 - 3:00	Studio	Diane Anderson 477- 8255	Resumes Jan. 6
Garden Group	Last Thursday	1:00 - 2:30	Studio	Duana McHugh 658-6775	Ends Dec. 19 Resumes Jan. 29
Hiking Group	Friday	8:50 - 12:00	Lochside Park	Mike Bonnor 370-2212	On-going
Hotshots	Monday	10:00 - 12:00	Badminton Hall	Michael Phillips 658-2702	Ends Dec. 1 Resumes Jan. 12
Mah Jong	Friday	2:00 - 4:00	Studio	Mary Horton 658-4801	Ends Dec. 19 Resumes Jan. 9
Men's Fitness	Monday & Wednesday	8:30 - 9:25	Big Room	David Docherty 658-8303	Contact Leader
Men's Group (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	Ends Dec. 19 Resumes Jan. 9
Photography Group	Monday	1:30 - 3:00	Lounge	Diane Cowden 477-4572	Jan. 12 - 26
Pickle Ball	Monday & Wednesday	4:00 - 6:00	School Gym	Ed Bancroft 380-2411	Ends Dec. 10 Resumes Jan. 7
Poker Group	2nd Tuesday	2:00 - 4:00	Studio	Carol Didier 658-8444	Ends Dec. 9 Resumes Jan. 13
Studio Group	Wednesday	1:00 - 4:00	Studio	Maura Dunn 652-2650	Ends Dec. 17 Resumes Jan. 7
Table Tennis	Thursday	1:00 - 1:45	Big Room	Elfie Irwin 744-4732	Contact Leader

GROUP NEWS

Cribbage Group: Calling all Cribbage players – those who haven't played in years, and those who play often! This group meets on Wednesday, 1:00 – 3:00 pm, in the Courtyard Room. It's drop-in, no fees, no equipment to bring. Come and join us! For more info., call Lindie Schwartz at 658-1940.

GROUP NEWS CONTINUED

Blue Heron Singers - We welcomed both returning and new members this Fall. In November we enjoyed a wonderful pot-luck lunch together. We are continuing to sing seasonal songs from around the world and are looking forward to singing for and with audiences several times in the coming weeks, at CB55+ and in the community. On Thursday, December 18, from 2:30 to 4:00, we will be having a "Community Christmas Sing" at the Centre, and invite everyone to join us!

Mah Jong - This group meets on Friday afternoons from 2:00 - 4:00 pm 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 with any questions.

Creative Writing - At this time, this group has reached maximum capacity. If you are interested in joining, please contact Jane Philpotts at JEP@shaw.ca to see if there will be space in the future.

Studio Group - We held our annual craft fair early in November with a good attendance and great scones and tea!! Thanks to the Men's Group for help with setting up and putting away tables, and to all the volunteers who put up signs, baked, sold, and generally helped to make this event possible and successful!!

Photography Group - Come and join other camera enthusiasts to share photos, ideas and experiences about digital photography. Elements of composition and simple photo editing will be the focus of workshops on Mon., Jan. 12, 19, and 26 in the Lounge from 1:30 to 3:00. If you have a laptop, please bring it along. For more info contact: Diane Cowden, 250-477-4571, d.cowden@me.com or Diane Anderson, 250-477-8255, anderson.diane@me.com

Garden Group - On Fri., Dec. 19 we will enjoy a fun afternoon with the OTGA helping them to make small Christmas arrangements in Christmas mugs. Members are asked to bring greens and pruners at 12:30 to organize the materials. We are invited to stay for tea and goodies!!

Pickle Ball - Due to the over-whelming response by members, Pickle Ball will now be held on Monday and Wednesday from 4:00 to 6:00 in the School Gym. Everyone welcome!

Dominoes Group - This new group will be meeting either on the third or fourth Tuesday of each month, from 1:30 to 3:00 pm, starting in January. All interested members are welcome to sign up at the Centre. For more info., contact Rikki Bowman at 250-382-6197 or by email: rikkij@shaw.ca

On The Go Again - We always welcome new members and helpers/drivers to this fun group on Friday afternoons. Contact Bobbi Johannessen at 658-8824 for more information.

INTERGENERATIONAL PROGRAMS

Recently some of the CB55+ members were able to assist a grade 2/3 class with their science projects. The seniors had fun, the teacher was grateful, and hopefully the students gained from the experience. We hope to have more intergenerational opportunities in the new year.

BLUE HERON CAFE NEWS

Monday lunches have been well attended and appreciated throughout the fall months.

Thanks to our many wonderful cafe volunteers! We would be so happy to have more members join our team to continue to expand this exciting cafe service. If you are interested in becoming part of our team for lots of fun and learning, please contact Marilynne at m.convey@shaw.ca

WINTER COURSES

CB55+ Courses - Pre-registration is taking place now on Monday - Thursday, 9:00 - 2:30 pm, and Friday 9:00 - 12:00 pm. Possible Christmas presents for those you love. Descriptions follow on page 6.

Watercolor Painting	Studio 8/\$160 or \$20/session Monday - 1:30 - 4:00 pm (Oct. 20 - Dec. 8)	Joanne Thomson
Christmas Greenery Workshop	Big Room \$35 Monday - 1:00 - 4:00 (Dec. 15)	Betty Foote
Intro to iPad for Beginners	Big Room \$10 Monday - 1:30 - 3:00 (Dec. 8)	Monica McGarrigle
iPad/iPhone for Beginners	Big Room 6/\$40 Monday - 10:45 - 12:15 (Jan. 12 - Feb. 16)	Monica McGarrigle
iPad/iPhone Intermediate	Big Room 6/\$40 Monday - 1:30 - 3:00 (Jan. 12 - Feb. 16)	Monica McGarrigle
Expressive Watercolours <i>New!!!!</i>	Studio \$100/4 (all supplies provided) Monday - 1:15 - 3:00 (Jan. 5 - 26)	Joanne Thomson
iPad/iPhone For Travellers <i>New!!!!</i>	Big Room \$15 Wednesday - 9:30 - 11:00 (Jan. 14)	Angela Rook
iPhones for the VERY Beginner <i>New!!!!</i>	Big Room 2/\$25 Wednesday - 9:30 - 11:00 (Jan. 28 and Feb. 4)	Angela Rook
Stretch & Strength <i>New lower cost!!!</i>	Big Room \$6.50/class or \$60 pass (any 10) Monday - 9:30 - 10:30 (Jan. 5 - Feb. 23) Thursday - 9:30 - 10:30 (Jan. 8 - Feb. 26)	Viera Janco
Stretch & Strength Beginners <i>New extra class!!!</i>	Big Room \$6.50/class or \$60 pass (any 10) Wednesday - 11:45 - 12:45 (Jan. 7 - Feb. 25)	Viera Janco
Book Smacked <i>New!!!!</i>	Seaside Room - FREE Wednesday - 10:00 - 11:00 (Jan. 21)	Victoria Public Library
Ukulele	Big Room 6/\$55 Wednesday - 10:30 - 11:30 (Feb.25 - Apr. 1)	Len Knoke

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.

Chair Yoga	Big Room - 8/\$44 #641719 Tues., 2:00 - 2:45 pm (Jan. 6 - Feb. 24)	Tessa Rae Hamelin
Gentle Yoga	Big Room - 8/\$58 #641729 Tues., 3:00 - 4:00 pm (Jan. 6 - Feb. 24)	Tessa Rae Hamelin
Gentle Yoga	Big Room - 7/\$51 #641732 Sun., 2:00 - 3:00 pm (Jan. 11 - Mar. 1)	Tessa Rae Hamelin
Hatha Yoga	Big Room - 8/\$58 #641737 Thurs., 7:30 - 8:30 pm (Jan. 8 - Feb 26)	Tessa Rae Hamelin
Line Dancing	Big Room - 8/\$56 #641779 Fri., 10:00 - 11:15 am (Jan. 9 - Feb. 27)	Vicki McCulloch
Zumba Gold	Big Room - 7/\$64 #641797 Thurs., 11:00 - 12:00 pm (Jan. 22 - Mar. 5)	

COURSE DESCRIPTIONS

(NEW) iPad/iPhone for Travellers - Discover great travelling, translation, touring, gps, and mapping apps for iPad and iPhone.

(NEW) iPhones for the VERY Beginner - You have an iPhone and would like to learn how to: turn your phone on and off, check messages, return a call, add a phone number to your phone both manually and after someone has called you, send and receive text messages, forward, copy and delete messages, learn how to use some basic applications, bring a list of numbers of people you talk to on a regular basis and input these in class, send specific questions to the instructor in advance.

Intro to iPad for Beginners - This 1-session workshop will replace the one cancelled earlier in the Fall due to the instructor's illness.

iPad Beginner's - This six-week program will provide you with an introduction to your iPad. Bring yours to the class and learn about the basic things it can do for you.

iPad Intermediate - This six-week program will provide you with advanced uses and programs available for your iPad.

(NEW) Stretch & Strength for Beginners - This milder version is designed to increase your strength, range of motion and improve your balance, stability and capacity to exercise. Light weights, bands and small balls will be used. You can sit or use a chair for assistance. A full body gentle stretch will complete each exercise session.

Stretch & Strength - This former group is now a Course! Anyone interested will put their name in the yellow folders on the lists for Jan/Feb. that are available now. The maximum for each class will be 20 people. The 20 names on the list will be registered for the class for the two month period. If the class is not full, the instructor could let members join as drop-ins.

(NEW) Expressive Watercolor - This four-week program provides exploration, splashing, dripping, experimenting and generally playing with watercolors in a free way with a bit of composition and color theory thrown in for structure. Suitable for beginners or those who are 'stuck' in a rut. Come prepared to move about as you paint and wear an apron! All supplies provided.

Ukulele - will be a repeat of last Fall's class, for new members and for those who want to hone their skills on this fun instrument. Registrants must have their own ukelele. \$6 for hand-outs. A tuner is recommended.

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.

Hatha Yoga - Learn pranayama, yoga philosophy, and gentle exercises to strengthen and stretch the body. Safely stabilize the shoulder and pelvic girdle, reduce back and neck pain, stress in the body and mind. 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.

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

MEMBERSHIP

January 1, 2015 is rapidly approaching, and all members are reminded that the \$40 annual membership payment is due on that date. None of the many wonderful courses/events/activities provided at CB55+ are available to anyone without a paid-up membership.

The office will be accepting 2015 membership payments from December 1, 2014, so come on in and visit us, bringing your cash or cheque (especially if you are one of the lucky people heading south for the winter!).

BONUS: If you have turned 90 this year, your membership will be 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 office is open from 9:00 to 2:30 Monday through Thursday, and until noon on Fridays. The Centre will be closed during the Christmas holidays.

DROP-IN TUESDAY SCHEDULE

Big Room, 10:00—11:30 am

Speakers are subject to change, so check the website

DECEMBER

Dec. 2 Christmas Luncheon at the Beach House

9 Christmas In the Bay - Blue Heron Singers

16 Christmas In Old Victoria - John Adams

JANUARY

Jan. 6 Armchair Travel - The UK and Austria - Michael & Isabel Phillips

13 BC Transit Accessible Services Overview - Susan Sowden

20 10th Anniversary Celebration

27 Sex, Love & the Mothers of Confederation - Moira Dann

FEBRUARY

Feb. 3 Butchart Gardens Fireworks

10 Valentine Celebration with Specialty Chocolates

17 Chinese New Year Celebration with lunch from Halibut House - Val Baba

24 Armchair Travel - Southeast Asia - Bobbi & Don Johannessen

BY THE WAY

New groups that are being explored are “Hiking With Your Dog” and “Sunday Games”.

More information will be forthcoming. If you are interested in either of these groups, please sign up in the Green Folders in the Lounge.

The Blue Heron News comes out four times a year. The Spring edition will be out in March.

Phone the office or check our website for up-to-date information.

<http://www.cordovabay55plus.org>

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

December 2014		Seaside	Courtyard	Studio	Cafe/Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 9:25 Stretch & Strength 9:30-10:30			Cafe opens at 9:00; Lunch is available from 11:30 to 1pm.	Hot Shots Badminton Hall, Sutcliffe 10:00 - 12:00
	pm	Intro. to iPad Beginners Workshop 1:30 - 3:00 Dec. 8 Christmas Greenery Workshop 1:00 - 4:00 Dec. 15		Watercolour Painting 1:30 - 4:00 until Dec. 8	Cafe closes at 3:00	Pickle Ball School Gym 4:00 - 6:00
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30 until Dec. 16		Blood Pressure 9:00 - 10:00 Dec. 9	Cafe opens at 9:00	
	pm	Chair Yoga 2:00 - 2:45 until Dec. 16 Gentle Yoga 3:00 - 4:00 until Dec. 16		Family History 1:30 - 3:30 Dec. 2 Poker Group 2:00-4:00 Dec. 9	Cafe closes at 3:00	
Wednesday	am	Men's Fitness 8:30 - 9:25 Ukelele 10:30 - 11:30 until Dec. 3			Cafe opens at 9:00	
	pm	Bridge Group 1:00 - 4:00	Cribbage Group 1:00 - 3:00	Studio Group 1:00 - 4:00	Cafe closes at 2:30	Pickle Ball School Gym 4:00 - 6:00
Thursday	am	Stretch & Strength 9:30 - 10:30		Board Meeting 10:00 - 12:00 Dec. 11	Cafe opens at 9:00	
	pm	Table Tennis 1:00 - 1:45 Blue Heron Singers 2:30-4:00 Hatha Yoga 7:15 - 8:15 pm until Dec. 18		Garden Group 1:00 - 2:30 (meeting with OTGA on Dec. 19)	Cafe closes at 3:00	
Friday	am	Line Dancing 10:00 - 11:15 until Dec. 12		Creative Writing 11:00 - 1:00		Hiking Group Lochside Park 8:50 - 12:00
	pm	On the Go Again 1:30 - 3:30		Mah Jong 2:00 - 4:00		

