



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. 3 - Christmas Luncheon at The Beach House (\$29/person) 11:00

Sat., Dec. 7 - Yellow Point Christmas Spectacular

Tues., Dec. 10 - Christmas Sing-a-long with the Blue Heron Singers

Thurs., Dec. 12 - Sooke Harbour House Luncheon and Museum Tour

Thurs., Dec. 19 - Craft & Bake Sale at CB Place (10 - 2 pm)



CB Place Hours: 9:00 - 4:00 weekdays

Office Hours: 9:00 - 12:00

CB Place will be closed Dec. 23 - Jan. 3

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

Website: <http://cordovabay55plus.org>

PRESIDENT'S MESSAGE

The Board continues to work hard on behalf of all the members and explore ways to improve what we do. We are currently redrafting all the job descriptions for the positions needed to run the Association. As you are aware, our membership continues to grow, and we now have about 450 members. This is great to see because it suggests we are serving an important need in the community. However, it does put some stress on the system, including space. The Board is examining the demand on the space in the Centre and ways to deal with it.

We anticipate that the upcoming Christmas luncheon will be well attended. This is a special time of the year and also a time when we think about others who are less fortunate and seek ways to help them, both near and far. We are lucky to have CB55+ where people can meet and build friendships. Our strength is clearly the membership, and the respect, caring, and compassion we show to each other throughout the year.

On behalf of the Board, I would like to wish everyone a wonderful Christmas!

Best wishes,
 David Docherty

TIRED OF BAKING??

Pick up your Christmas baked goods and last minute gifts on Dec. 19 (10 - 2 pm). The Studio Group has wonderful homemade goodies and treasures for sale!! Then come and listen to the Blue Heron Singers and join them in singing Christmas carols, between 2:30 and 4:00!



WHAT'S BEEN HAPPENING AT CB55+?



Congratulations to the Happy Couples!!



Heritage Tea and Tour With The Wilkinson Correctional Team



Halloween Fun



Gwen & Anne
"On the Go"



Velma keeping watch!



Learning the art of
Painting



Whistler Winter Wonders



Some "Crafty" Ladies



Come join us for a hike

THEATRE and MUSIC

Contact Hazel Bowman (658-5928) for theatre and music information. Jen Pengilly is the one to see regarding Langham Court tickets. (658-5551)

TRAVEL

Dec. 12 - Sooke Harbour House Lunch and Museum Tour - (meet at CB Place at 9:00 - bus leaves at 9:15) Cost \$56, which includes transportation to and from CB55+, lunch and a visit to the Sooke Museum. What a great deal!!

Watch for upcoming news in the Spring about the Island Tea Tour and overnight trips to Vancouver and Portland, Oregon.

Contact Pauline Cohen (381-8120) or Shirley Metters (477-5484) for travel info.

FUNDRAISING AND VOLUNTEERING

It's great to see how well all the various activities at CB Place are attended! The Arts and Crafts Sale attracted many members as well as the community. Our thanks to all who made it possible. The lunches put on by the Community Kitchen group have been well received and make a welcome contribution to the members. The Tuesday morning drop-in continues to draw the largest participation of all the activities that are offered by CB55+ so kudos to the indefatigable Barb Waldner and her committee for continuing to put on programs that appeal so much to so many. We had another successful "Meet and Greet" to welcome new members to let them know what is offered by CB55+. Many thanks to the group leaders and others who supported this event. We were happy to see 105 people getting their flu shot and 18 members having their blood pressure checked, and hope to continue these services for the convenience of our membership.

A special thanks to all our members who volunteer their time and talents in so many ways to make things happen, keep things running smoothly, and enable us, as an Association, to offer so many interesting and great opportunities for all to enjoy.

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!



By the time you get this newsletter, the annual Christmas lunch at the Beach House on Tues., Dec. 3, for members and their friends will be upon us! Doors open at 11:00 and lunch commences at 11:45. There may still be some tickets available if you contact the office. Tickets are \$29, and include a buffet menu featuring carved roast beef, chicken and vegetarian pasta. There will also be fresh cooked vegetables and a variety of salads and desserts. Besides a yummy lunch, there will be entertainment and door prizes, and Santa will pay his usual visit bearing gifts. We hope to see you all there!



INTERGENERATIONAL PROGRAMS

MAIR (Multimedia Approach To Intergenerational Relations) - Thanks to Val Murray's initiative, MAIR is now in its third year. This program currently has 8 members working with 25 grade 4 and 5 students, and we learn about the elements of photography composition together. We recently went on a field trip to Heritage Acres where the students found an incredible variety of subjects to photograph. Each student will choose one or two photos to be printed, framed and displayed in the hallways of the school. Another session is planned for January/February and a third in April/May and we will likely be looking for new participants for these sessions. The relationships that develop between the 55+ members and the students are a big part of the reason this program is successful. For more info, contact Brent Carbery at 598-0584 or bcarbery@shaw.ca

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
Community Kitchen	Every 2nd Wed.	9:30 - 12:00	Servery/Studio	Judy Holt judy4holt@gmail.com	Register \$7 ea.
Creative Writing	Friday	10:00 -12:00	Studio	Jane Phillipotts JEP@shaw.ca	2nd & 4th Fri.
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	Resumes Jan. 13
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	First and Third Monday	1:00 - 2:30	Lounge	Diane Anderson 477-8255 Diane Cowden 477-4572	Resumes Jan. 13
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

Cribbage - Whether you are just learning the game or are a seasonal player, we have something for you. Join us for a friendly social game of crib. Instruction will be provided. This new group will start on Jan. 8. We'll meet in the Courtyard Room weekly on Wednesday, 1:00 -3:00. There is no fee. Sign the sheet in the yellow folder located in the Lounge if you're interested. If you have any questions call Lindie at 250-658-1940 or email Pam at gaudio@shaw.ca.

Blue Heron Singers - The Choir has welcomed both returning and new members this Fall and we continue to sing seasonal songs from around the world. We enjoy singing for and with audiences, both at CB55+ and in the community. We had a great pot-luck lunch in Nov., and we are looking forward to our final Christmas Sing on Thursday, Dec. 19. We invite everyone in CB55+ to join us!! Don't forget the Christmas Sing-along on Dec. 10. Contact Pat Robertson at 250-479-4271.

GROUP NEWS - Cont'd.

Mah Jong Group - We have 7 new members who received instruction in Nov., which has increased the number of players who drop in to play from 4 to 8 per session. CB55+ has one Mah Jong set and racks, so if you have a set, please bring it. Contact Mary Horton at 658-4801 for more info.

Photography Group - Sharing Digital Photography Experiences

Come and join other camera enthusiasts to share photos, ideas and experiences about digital photography on the first and third Monday of the month from 1:00pm to 2:30pm. If you are interested, contact Diane Anderson, 250-477-8255, anderson.diane@shaw.ca; or Diane Cowden, 250-477-4571, dianecow@shaw.ca.

Garden Group - Our outing to Glendale gardens was inspirational, the lunch at Nourish was great and the bonsai display was amazing too. We may visit the Doris Page winter garden in Feb. and again in the spring to see the rhodos in bloom. We will meet at CB Place on Fri., Dec 20 for our annual "create a Christmas arrangement" with the "On The Go" group at 1:30 pm. Contact Duana McHugh at 658-6775.

Table Tennis - This drop-in group would love to have more members. Come and play every Thursday from 1:00 - 1:45 in the Big Room. You don't have to be an experienced Ping Pong player - just come and get some exercise and have some fun!!! If you need more information, contact May Chow at 477-8128 or Elfie Irwin at 744-4732 (elfiirwin@aol.com)

Hot Shots - If you would like to try this fun and challenging activity, drop in on the last day of our current session - Dec. 9. You can try your hand at target pistol shooting on our 10 metre range in a safe and friendly environment before you decide to join us in Jan. There will be CB55+ experts to assist you! We meet between 10:00 - 11:30 at the Cordova Bay Community Centre (Badminton Hall) at the end of Sutcliffe Rd. For more details, click on: <http://cordovabay55plus.org/hot-shots/> or call Michael Phillips at 658-2702.

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 McMorrان	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	Programs	778-440-6566
Mike Mooney	Services/Facilities Admin.	250-658-4801

FALL 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.

Acrylic Painting -----Thursday, 1:00 – 3:30 pm

Feb. 6 – 27 \$90 (4) or \$25 Drop-in (if there is space) Instructor: Joanne Thomson

Abstract painting– just techniques (and some composition too)

This course is for beginner and intermediate students. **MAXIMUM 5 STUDENTS.**

Watercolour Painting -----Thursday, 9:30 – 12:00 pm – Studio

Jan. 9 – 30 \$90 (4) or \$25 Drop-in Instructor: Joanne Thomson

Theme 4 seasons of trees and sky– from Photos– bring images to class

February 6 – 27 \$90 (4) or \$25 Drop-in (if there is space) Instructor: Joanne Thomson

Focus on flowers– lilies and/or orchids – real flowers only– **NO PHOTOS**

This course is for beginner and intermediate students. **MAXIMUM 7 STUDENTS.**

Computer Basic Skills Training -----Thursday, 1:00 – 2:30 pm – Lounge

Jan. 16 – 30 **FREE** (for Mac and PC users) Instructor: Greater Victoria Regional Library

Min: 2 participants/Max: 6 Drop-In (If there is room)

Interested in more iPad Training? How about First Aid/CPR? A French or Spanish Course? Would you like to play the Ukelele, or create something special in a pottery class? If you want to see these courses take place, put your name on the Sign-up forms in the yellow folders in the Lounge. If there is sufficient interest, we will find instructors and space to make them happen!! Your suggestions for any new courses are always welcome! There is a sign-up folder for these too!

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.

Bridge – Level 2 -----Wednesday, 10:00 – 12:00 pm – Seaside Room

Jan. 15 – Feb. 19 \$42 (6) Reg. #587054 Instructor: Terry Martin

Chair Yoga -----Tuesday, 2:00 – 2:45 pm – Big Room

Jan. 7 – Feb. 25 \$44 (8) Reg. #572598 Instructor: Tessa Rae Hamelin

Mar. 4 – April 22 \$44 (8) Reg. #572599

Gentle Yoga -----Tuesday, 3:00 – 4:00 pm – Big Room

Jan. 7 – Feb. 25 \$58 (8) Reg. #572603 Instructor: Tessa Rae Hamelin

Mar. 4 – Apr. 22 \$58 (8) Reg. #572604

Hatha Yoga -----Thursday, 7:00 – 8:00 pm – Big Room

Jan. 9 – Feb. 27 \$58 (8) Reg. #572611 Instructor: Laura Thompson

Mar. 6 – Apr. 24 \$58 (8) Reg. #572612

Line Dancing -----Friday, 10:00 – 11:15 – Big Room

Jan. 10 – Feb. 28 \$56 (8) Reg. #572608 Instructor: Vicky McCulloch

Mar. 7 – May 2 \$56 (8) Reg. #572609 **NO CLASS APRIL 18**

Zumba Gold -----Thursday, 11:00 – 12:00 – Big Room

Jan. 9 – Feb. 27 \$73 (8) Reg. #572617 Instructor: StudioVZF

Mar. 6 – Apr. 24 \$73 (8) Reg. #572618 Instructor: StudioVZF

MEMBERSHIP

We now have 448 members and it is time to renew your membership for 2014. The Membership fee is still only \$40 and is payable by cheque (made out to CB55+) or cash. Cheques can be dated with the present date or postdated Jan.1, 2014. You can mail in your cheque or pay at the office any weekday morning and your receipt can be picked up later. Please let us know if you have any changes of telephone, address, or e-mail .

You must be a paid up member to be eligible to take courses, or other programs, attend social functions, and vote at the Annual General Meeting in March.

Starting Jan. 1, 2014, any current member who has turned 90 or is over 90 during 2013, will be given a **"Golden"** lifetime membership, which means no more membership fees!!

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.

Nearly New is doing well! We could use more games, household articles, clip on earrings, gloves and mittens. The table is set up when there are enough new donations, which is usually every other Tuesday. Please contact Roni Frey (250-361-3483) or ronifrey@shaw.ca

The Blue Heron News comes out four times per year. The Spring edition will be out at the beginning of March. 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 for updates!)

DECEMBER

- Dec. 3 Christmas Luncheon
- 10 Christmas with the Blue Heron Singers
- 17 Ginger Beer & Ginger Bread and Rudolph

JANUARY

- Jan. 7 Famous Photos - Ted Grant
- 14 Emily Carr - Margaret Martin
- 21 Armchair Travel - Otzi The Iceman, Greenland, & the Land of Ice & Fire - Michael & Isabel Phillips
- 28 Fun With The Ferries - UVIC

FEBRUARY

- Feb. 4 Rain Coast Conservation Society Documentary - Keeping Our Coastline Oil Free
- 11 Valentine Luncheon
- 18 Black Pioneers In BC - Dr. Valin Marshall
- 25 Change of Leadership - Balance of Masculine and Feminine - Peter McCoppin

REMINDERS

CB Place will be closed for the holidays between Dec. 23 - Jan. 3, unless special arrangements are made by group leaders.

CB Place is regularly open from 9:00 to 4:00 pm, Monday to Friday throughout the year. Office hours are weekdays 9:00 - 12:00.

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

DECEMBER 2013		Seaside	Courtyard	Studio	Lounge	Off-Site
Monday	am	Men's Fitness 8:30 – 9:25 Stretch & Strength 9:30–10:30				Hot Shots Group Badm'n Hall 10:00 – 12:00
	pm			Photo Group 1:00 – 3:00		
Tuesday	am	Drop-In Speaker Program 10:00 – 11:30				
	pm	Chair Yoga 2:00–2:45 Jan. 7–Feb 25/Mar 4 – Apr 22 Gentle Yoga 3:00–4:00 Jan. 7–Feb 25/Mar 4 – Apr 22		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 Bridge Level 2 – 10:00–12:00 Jan. 15 – Feb. 19		Community Kitchen 9:30 – 12:00		
	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 Jan 9–Feb 27/Mar 6–Apr 24		Board Meeting 10:00 – 12:00 Watercolour Painting 9:30 – 12:00 Jan 9–30/Feb 6–27		
	pm	Table Tennis 1:00 – 1:45 Blue Heron Singers 2:30–4:00 Hatha Yoga 7:00–8:00 pm Jan. 9 – Feb. 27/Mar 6–Apr 24		Garden Group 1:00–3 (Last Thurs) Acrylic Painting 1:00 – 3:30 Feb. 6 – 27		
Friday	am	Line Dancing 10:00– 11:15 Jan 10–Feb 28/ Mar 7–May 2		Creative Writing (2nd & 4th Fri.) 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		