



# 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

Wed., June 3 - Lunch at CB55+ Centre, 11:30 - 1:00

Fri., June 5 - Swiftsure Big Band, Mary Winspear Centre

Tues., June 23 - Canada Day Celebration

Tues., June 30 - Garden Pot Luck Luncheon at Connie McKenzie's

Tues., July ??? - Strawberries & Waffles

Wed., July 8 - Mill Bay Scarecrow Festival & Bamberton Museum

Tues, August 11 - BBQ hosted by the Men's Group, 11:45 - 1:00

**CB55+ Centre Summer hours: 9:00 to 3:00, Monday to Friday**

**CB55+ Office hrs: 9:00 to 12:00, Tuesdays ONLY**



## PRESIDENT'S MESSAGE

The Centre continues to be a very busy place, which is just how we like to see it. Thanks to our very active Program Chair, Pat Bancroft, and your suggestions, we are offering an amazingly wide variety of courses and activities that are well subscribed. The courses are clearly satisfying the many different needs of our members. So please keep your ideas and suggestions coming in and I am sure we will continue to try and fulfill them.

Thanks to all of you who attended the AGM. We had a great turnout, which was undoubtedly helped by offering the free lunch! Although the meeting was long, one thing that came across to me was all the support that is needed to ensure that the many activities offered at the Centre can take place. You elected and re-elected an excellent Board, and I am excited about working with them this next year. There's much to be proud of and always more that we can do.

We are indebted to Val Baba for agreeing to coordinate the Cafe in her own inimitable way. However, it's not reasonable to keep asking the same group of volunteers to be in the kitchen each week. Therefore, we are embracing the idea of having small groups of members organize and prepare lunch regularly. When small groups get together to prepare food, there is a great sense of fun and camaraderie and we would like to build on this. If you know of a few people who you would like to work with, why don't you form your own group and give it a name? The Men's Group recently made lunch for over 60 people and this was a great success. Get in touch with Val or myself, and we will help get you started!!

David Docherty

**Join us as we "WALTZ ACROSS CANADA" to celebrate Canada Day on Tuesday, June 23rd. (You will like Pat Robertson's arrangement of "O Canada"). Please wear your National Dress, as it adds such colour to this event. Hope to see you there!!**

## CULTURAL HAPPENINGS

### THEATRE and MUSIC

**Fri., June 5 - Swiftsure Big Band**, Mary Winspear Centre, Sidney. Tickets - \$28. 7:00 pm  
Car pooling 6 pm. (This is a fundraiser for Saanich Penn. Hospital)

We have been lucky to have Hazel Bowman organizing the theatre events for our members. There needs to be enough participants to get a special group rate. Watch for upcoming events and sign in the purple folders located in the Lounge. Please pay in the office.

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

### TRAVEL

Some photos of recent fun trips are shown below. A new travel feature is the regular evening get-togethers that are organized for the last Friday of each month at local restaurants.

In June we plan to visit a couple of businesses on the Saanich Peninsula and attend the Sidney Street Market.

Summer trips will include a trip to Mill Bay and Bamberton on Wednesday, July 8. We will take the ferry from Brentwood Bay to Mill Bay, have lunch at Bridgeman's Bistro on the Mill Bay waterfront, and attend the Mill Bay Scarecrow festival, and a private tour of the Bamberton Museum.

On Sunday, July 14 the Hallmark Society has a celebration at Craigflower School that we plan to attend. Also in July, a visit (TBA) to the new development at Spirit Bay is planned. Please sign up for all trips using the red folders at the Centre.

**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.



Fire & Ice  
Festival in  
Qualicum



Tour and  
Lunch in  
Duncan  
with our  
bus  
driver



Marion  
with her  
purchase



## VOLUNTEERING

**Would you like to do some phoning for CB 55+?!!** We welcome any members who would like to phone those members who don't have e-mail, to let them know about upcoming events and other information. This task only entails calling members on average about three or four times a month. There may be fewer calls in some months and more in other months. It is important to reach all of our members and the phone calls are really appreciated. It would be wonderful if some you could help out. If you are willing to do this, you can let Doris Brix know at 479-7420 or [dbrix@shaw.ca](mailto:dbrix@shaw.ca)



**Would you like to share your culinary skills and talents?!!** We would like to offer regular lunches at the Centre and relieve Val Baba of some of the responsibility in managing everything. Perhaps a few friends or one or more of the groups could plan, prepare and serve a lunch once in awhile. We are exploring many options so it's convenient for all the volunteers. Val will purchase all the ingredients, you just have to plan the menu and supervise the cooking.



The men's group had a great turnout in May. So the challenge is out there to see if there are other groups who can match their effort. If you are interested, let Doris or Val know. It would be wonderful if we could spread the work around. Everyone enjoys the lunches, so let's keep them happening!

By the way, Val has agreed to be the kitchen coordinator only until the fall. So, if anyone is interested in this role, please contact Doris.



## FUNDRAISING

Don't forget to use your Smile Card when you shop at Thrifty's, as 5% of every purchase goes to CB55+. Last year's Smile program raised about \$1200.00 for CB55+. This money will be used to purchase a defibrillator. The 2015/16 program has been approved, so if you need a card you can get one from the office and help the Association with future needs. 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! Thank you to all our members for using these community opportunities to help our Association!



## GROUP NEWS (Please see insert for the Groups Schedule)

**Sunday Games** - This drop-in group is on hold until October 18th, and will meet on the third Sunday of each month through the winter from 1:00 to 3:00. This group enjoys a variety of cards, and board games, depending on the interests of those present. No fee or experience is needed.

**Walking with Dogs** - This year-round group welcomes members with their dogs every Friday at 8:50 am to walk together, for 1 1/2 hours, followed by coffee. We go to "dog friendly" places in and around Victoria where the dogs can be off-leash. Your pet must be under your control and get along with other dogs. Please contact Brenda Hurd at 658-6484 if you are interested in joining this group.

**Blue Heron Singers** - We have had another full and harmonious year!! Many of us have been singing for seven years and we have been happy to welcome new singers each year, including this one. Come and sing with some of the choir at the Canada Day celebration on June 23. Our last "sing" until fall, will be June 25. Everyone is welcome to sing or listen on Thursdays from 2:30 to 4:00 pm. Contact Pat Robertson at 479-4271 for more info.

**Mah Jong** - This group will continue through July and August from 1:00 - 3:00 pm on Fridays. This time change accommodates the 3:30 pm closing time at the Centre during the summer months. We play Western Style and anyone with a basic understanding of the game is welcome. Contact Mary Horton at 658-4801 for more info.

**Pickle Ball** - This group will continue to play at Saanich Commonwealth Place on Tuesdays from 4:15 to 6:00, throughout the summer for \$2 a session. This group also meets at McMinn Park (near Lochside Trail) on Wednesdays from 3:00 - 5:00 pm when the weather is fine. Contact Ed Bancroft at 380-2411 for more info.

**Studio Craft Group** - This group is hosting a Craft sale on Saturday, June 20 at St. David's Church (Cordova Bay Day). We have made many kitchen items, knitted baby items, summer dresses for young girls and some surprise items. Hope to see many members drop into the church to see us. We will be meeting during the summer months from 1 to 3 pm on Wednesdays. Members can drop-in to work on any project they want to.

**Family History Group** - Our groups last meeting will be in June and the next meeting in October. We meet on the first Tuesday of the month in the Studio/Lounge. Contact Diane Anderson for more information at 477- 8255 or [anderson.diane@me.com](mailto:anderson.diane@me.com)

**Photo Group** - There will be no photo group meetings during the summer months. As topics of interest are identified, the group will meet to share experiences in digital photography in the fall. Contact Diane Anderson at 477-8255 or [anderson.diane@me.com](mailto:anderson.diane@me.com) for more info.

**On the Go Again** - This group will not be meeting regularly during the summer. However, we will be meeting every other Friday to go on some short excursions. We will carpool from the school parking lot. These trips will take place on July 10 and 24 and August 7 and 21. If the weather is inclement, we'll meet in the Centre at the usual time of 1:30 until 3:00.

**Men's Fitness** - This drop-in group will continue to meet through the summer on Monday & Wednesday morning from 8:30 - 9:25 am.

**Cribbage Group** - This group will be taking the summer off. Join us in the fall.

## INTERGENERATIONAL PROGRAMS

The Intergenerational Programs held this spring were enjoyed by students and seniors alike. Because knitting was so popular, two sessions were held with the Studio group sharing their skills with the students. Barb Waldner had a fun time with her drama group, Tom Browne and Margaret Bates rolled out some favourite recipes including pancake mice. Shannon Bayliss and Roz Blaikie assisted the classroom teacher and students with the making of bracelets and lanyards - a big success! The enthusiasm of the grade one boys and girls for the Lego activities was overseen by Rikki Bowman. Sgt. Ross, assisted by Mike Mooney and his cyclers, ran a very successful Bike Safety program - lots of fun and safety.

For more information, please contact Diane Cowden at 250-477-4571 or email [d.cowden@me.com](mailto:d.cowden@me.com).



## CONGRATULATIONS, CORDOVA BAY ELEMENTARY!!

We are pleased to announce that Cordova Bay School's Intergenerational program has been awarded the **BC RETIRED TEACHERS' ASSOCIATION GOLDEN STAR AWARD of \$1000**. This award recognizes, rewards and celebrates school programs in the BC public system that have, as the salient feature, the interaction of BC students with seniors. The award money will be used for future Intergenerational Activities.

The presentation will take place by a representative of the BCRTA at a school assembly on Monday, June 1, at 10:45. All participants in any of the intergenerational activities, past and present are welcome to attend. Five awards are made each year and carry a \$1,000 grant to the school.

We wish to acknowledge all of the members of CB55+ who, over the years, have worked with the many intergenerational programs and especially Val Murray, Diane Cowden, Brent Carbery, Dave Docherty, and Kelly Urarii for their leadership.



## WHAT ELSE HAS BEEN HAPPENING AT CB55+ ???



Paddling Adventure to Alaska



Armchair Travel to India



Students teaching us how to exercise!



Some members of the new group, Walking with Dogs!



Special Birthdays with lots of cake!



Hot dogs, Quiche, Salads, Goodies ... Many Happy Times with Food!

### BLUE HERON CAFE NEWS & MENUS

Many thanks to the Men's Group and Studio Groups for preparing and serving great lunches in May! The following lunches will be offered in June:

Wed. June 3 - Chicken pot pie, cole slaw, cookie (hosted by the Studio Group)

Wed. June 10 - Reuben sandwich (rye bread, corned beef, cheese, sauerkraut), potato salad, butter tart (hosted by a few of the Office Volunteers)

Lunches start at 11:30, cost is \$5.00 including beverage. Volunteer groups for June 17 and 24 lunches, please see Val asap! Check the website for updates on lunches later in June and July!

## 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
Brenda DeRoos	Secretary/Governance	250-744-5763
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
Rikki Bowman	Programs/Groups	250-382-6197
Velma Minckler	Services/Membership	250-658-8987
Mike Mooney	Services/Facility	250-658-4801
Tom Wood	Director at Large	250-477-1682
Sue Williams	Director at Large	250-361-6647
Donovon Bishop	Director at Large	250 477-6206

## MEMBERSHIP

WOW!!! We now have over 500 paid-up members!! If you haven't renewed your 2015 membership, please come and see us at the office ASAP. It is only \$40 for lots fun, fitness, learning, and laughter with other members. LIFE memberships are discreetly available for those with low incomes. Enquire at the office.

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

## DROP-IN TUESDAY SCHEDULE

Big Room, 10:00—11:30 am

Speakers are subject to change; check the website

### JUNE

June	2	The Malahat (Movie) - Maureen Alexander
	9	Glorious Victorians - A Celebration of Victoria's Residential Heritage - Dr. Nick Russell
	16	Armchair Travel - Ireland - Dave & Angie Docherty
	23	Canada Day Celebration - Dorothy Evans
	30	Garden Potluck Luncheon - Connie McKenzie's Home (Don't forget to dress for the beach)

### JULY

July TBA	Strawberries & Waffles
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### AUGUST

August 11	Men's BBQ
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## BY THE WAY

Welcome to the CB55+ Board, new members, Sue Williams and Von Bishop, and returning member Brenda DeRoos, who has taken on the role of Secretary!!!

**Summer hours** for the CB55+ Centre are **9:00 to 3:00 pm**, Monday to Friday, and the Office will be open **ONLY** on **Tuesdays** from **9:00 to NOON** in July & August.

The Summer Groups Schedule and the Spring and Summer Courses Schedule are attached to this newsletter as separate printed and electronic documents. Extra copies are available in the Office.

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

<http://www.cordovabay55plus.org>

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

<b>JUNE 2015</b>		<b>Seaside</b>	<b>Courtyard</b>	<b>Studio</b>	<b>Cafe/ Lounge</b>	<b>Off-Site</b>
Monday	am	Men's Fitness 8:30 - 9:25 Stretch/Strength 9:30-10:30		Beginner's Bridge 9:30 - 11:00 May 25 - June 29	Cafe open 9:00	Hot Shots 10:00 - 12:00 Ends June 8
	pm	Portrait Sketching 1:30 - 3:00 June 1 - 29		Painting Group 1:30 - 3:00		
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30				
	pm	Chair Yoga 2:00 - 2:45 Gentle Yoga 3:00 - 4:00 April 28 - June 16		Family History 1:30 - 3:30 (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 - 6:00
Wednesday	am	Men's Fitness 8:30 - 9:25 Osteofit 10:30 - 11:30 May 6 - June 24			Cafe open 9:00	
	pm	Bridge Group 1:00 - 4:00	Cribbage 1:00 - 3:00	Studio Group 1:00 - 4:00		Pickle Ball McMinn Park 3:00- 5:00
Thursday	am	Stretch & Strength 9:30-10:30 Zumba Gold 11:00 - 12:00 May 7 - June 18		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 April 30 - June 18		Garden Group 1:00 - 2:30 (last Thurs.)		
Friday	am	Line Dancing 10:00 - 11:15 May 8 - June 26		Creative Writing 11:00 - 1:00	Cafe open 9:00	Hiking Group Lochside Park 8:50 - 12:00 Walking with Dogs 9:00-11:00
	pm	On the Go Again 1:30 - 3:30		Mah Jong 1:30 - 4:00		