



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., Sept. 8 - Meet & Greet Fair,
1 - 3 pm, Free to all members

Sun., Sept. 13 - Saanich Heritage Bus
Tour, \$34.50

Sept. ?? - Trip to Coombs; cost and
date TBA

Oct. 9-11 - Crabfest Port Angeles,
Return Day trip, \$54

Sat., Nov. 7 - Fall Craft Sale, 10 - 3 pm

Nov. ?? - Annual Gingerbread Houses,
Teddy Bears, Christmas Tree Tours,
and Lunch - TBA

Tues., Dec. 1 - Christmas with the Blue
Heron Singers

Tues., Dec. 8 - Christmas Luncheon -
The Beach House

PRESIDENT'S MESSAGE

Summer used to be a quiet time at the Centre but clearly not any more! Many of the Special Interest Groups continued to meet and several courses continued throughout the summer. In addition we had three special events: the Garden Party (with a Beach theme this year), the Strawberry and Waffles, and the summer BBQ. All events were attended by well over 100 members along with guests. In particular, we need to acknowledge Connie McKenzie for once again offering her fabulous home and garden, Val Baba who bought all the Strawberries and probably cooked most of the waffles, and the Men's Group for serving a great BBQ!

As you are aware, Val Baba has provided outstanding service as the kitchen coordinator this year, and we owe her a huge debt of thanks. A committee met several times over the summer, and we have managed to come up with a plan to meet the demands of the kitchen. Please see the Blue Heron Cafe News later on pg. 5 for details. We are still looking for a Kitchen Coordinator, but feel the new structure will make it a less onerous task than it has been. If you are interested, please talk to me or one of the Board members.

There is an exciting list of courses that are being offered this Fall thanks to the hard work of Pat Bancroft. Although the Kitchen is at the heart of the Centre, I think it's the programs that give it the life's blood. Many thanks to all the instructors and group leaders who keep the Centre interesting and vibrant. The quality of the programs is outstanding. We are always looking for ways to increase what we are able to offer so keep your suggestions coming.

On a final note the Board is having a strategic planning meeting in November to look at where we have been, where we are, and importantly, where we are going. We are aware of the stress on the Centre with more members, and this will be a major focus of this meeting. It is a good problem to have but one we need to resolve to keep serving the needs of our members.

David Docherty

**COME ONE,
COME ALL!
TO THE MEET &
GREET FAIR!**

**TUESDAY, SEPTEMBER 8
1:00 - 3:00 PM**

**FREE CAKE, TEA, COFFEE
DOOR PRIZES AND FUN!**

CULTURAL HAPPENINGS

THEATRE and MUSIC

Watch for details on the website and in posters at CB55+ Centre about upcoming plays, musicals, and other shows that CB55+ members may be interested in seeing in Victoria this Fall. There will be sign-up sheets in the purple folders in the Lounge for Langham Court, the Belfry Theatre, the Blue Bridge Theatre, and Chemainus Theatre. Throughout the year, musicals are performed by the Victoria Operatic Society, and sometimes by the theatre programmes at various high schools. Also, if there is interest, an outing could be arranged to attend the Movie shows of plays from the National Theatre in England, and other shows such as Cirque de Soliel, and Pacific Tattoo. Matinees are generally booked, so that we are driving in daylight. If you see something you like, please sign your name on the sign-up sheet for the particular event, and then IMMEDIATELY go to the office and pay for the ticket with a cheque.

Contact Hazel Bowman for more information (ph: 658-5928 or email: hibow@shaw.ca).

TRAVEL



Fun with scarecrows
in Mill Bay in July!!



- Sunday, Sept. 13** - Saanich Heritage Bus Tour, lead by Heritage Expert Ken Johnson; cost for the tour and the tea is \$34.50; call Saanich at 250-475-1775 (course #: 685465)
- Sept. ??** Trip up Island to Coombs; watch for upcoming details about cost and date on the website and at the Centre.
- Oct: 9-11th** Crabfest in Port Angeles; cost for the **Day Trip** on the ferry and a fabulous Crab Feed - \$54.00; call MV Coho at 1-877-386-2202 for reservations. You will need your Passport; The last Cooking Demonstration by Master Chef Graham Kerr.
- Nov. ??** Annual Luncheon in later this year at a downtown hotel, Gingerbread Tour at Laurel Point, Teddy Bears at Grand Pacific, and Christmas Trees at The Empress; the only cost is for your lunch; travel is by car pool. Date TBA.

For information about upcoming trips in the Fall, contact Pauline Cohen (250-381-8120).

VOLUNTEERING

We are most grateful for the hard work put in by Helen Maxwell, Judy Watson, Hazel Bowman, Jack Willoughby, Michael Bell and especially to David and Angie Docherty who spent part of their 50th wedding anniversary cleaning chairs at CB 55+. Talk about dedication! It is good to have the job done for another year, and to have people in our Association who show up when the going gets tough. Thanks again to all of you!

We also want to say a very big THANK YOU to Audrey Boyd and Anne Pylypa for being the faithful guardians of our library for the past year or so. They have done a wonderful job and we very much appreciate all the work they have done. Audrey has moved back to Alberta and Anne is now involved in other things. Our new librarians are Suzanne Beauchamp and Aideen Lydon, and we look forward to working with them.

CB 55+ is still looking for someone to do some over-seeing of kitchen usage. It's mostly a matter of making sure that the volunteers who are looking after various food events have someone to go to if they have questions, and to ensure that kitchen maintenance is being done. If you are interested, contact Doris at 479-7420 or dbrix@shaw.ca.

MEET & GREET

Mark your calendars for **Tuesday, September 8th, 1:00 - 3:00 pm!**

The first Tuesday Drop-in in September has been delayed until the afternoon to avoid parking problems, as this is the first day of the new school year. We will be having a Meet & Greet Fair from **1:00 - 3:00 pm** to welcome the 100 new members who have joined us since January. Groups and other programs will be represented by CB55+ members at information tables in the Big Room. There will be **free coffee/tea/cake, door prizes** and lots of time to socialize with all members. Come and learn about our famous Intergenerational Program, join a new group, register for a course or two, or just reacquaint yourself with people you may not have seen since June. We hope to see everyone there!!



COURSES

Please see the enclosed insert or the CB55+ website for a listing of all courses offered this Fall at CB55+. Register early at the CB55+ Office for all CB55+ courses, as the first registered **AND** paid will be first on the class list, and **MOST** class sizes are limited. For Saanich Recreation courses, members must phone Saanich (250-475-7600) or register online (www.saanich.ca)

Also, this Fall, we will be offering a variety of one-session overviews to see if interest warrants hiring an instructor to provide lessons or to start new special interest groups. Please sign your name on the "Interested" list located at the Reception desk by the Office if you are interested in learning more about any of the following topics that have been suggested by members:

Book Club, Tennis, Computer Overview for Driver Exams, First Aid – renewals or CPR, How to Grow Truffles, Food Safe, Chess, Felting, Hand Pottery, Wood Carving, Creative Writing, Beginner's Mah Jong, Reflexology, Rummoli, Portrait Sketching with a Live Model, Conversational French or Spanish and Train Your Brain.

Contact Pat Bancroft at 250-380-2411 or patbancroft@telus.net, if you have any questions about the courses currently being offered, and/or suggestions for future courses. We welcome your input!

CB55+ FALL GROUP SCHEDULE

GROUP	DAY	TIME	ROOM	LEADER	NOTES
Art Group	Monday, except when classes are on	1:30 - 4:00	Studio	Jane Bishop 477-6206	Year Round
Blue Heron Singers	Thursday	2:30 - 4:00	Big Room	Pat Robertson 479-4271	Sept. 17
Bridge - Drop-In	Wednesday	1:00 - 4:00	Seaside Room	Kathie Hazlewood 477-7984 Rosalie Heschuk 658-2101 Orma Paton 658-4805	Year Round
Cribbage	Wednesday	1:00 - 3:00	Lounge	Lindie Schwartz 658-1940 Rikki Bowman 382-6197	Starts Sept. 9
Digital Photography	1st & 3rd Monday	1:00 - 2:30	Lounge	Diane Anderson 477-8255 Diane Cowden 477-4571	Starts Nov. 2
Dominoes	3rd Tuesday	1:30 - 3:00	Studio	Rikki Bowman - 382-6197	Starts Sept. 15
Family History	1st Tuesday	1:00 - 3:00	Lounge and Studio	Diane Anderson 477- 8255	Starts Oct. 6
Garden Group	Last Thursday	1:00 - 2:30	Studio	Duana McHugh 658-6775	Starts Sept. 24
Hiking Group	Friday	8:50 - 12:00	Lochside Park	Mike Bonnor 370-2212	Year Round
Hotshots	Monday	10:00 - 11:30	Badminton Hall	Michael Phillips 658-2702	Starts Oct. 5
Mah Jong	Friday	1:30 - 4:00	Studio	Mary Horton 658-4801 Glenda Kirk 658-1260	Year Round
Men's Fitness	Monday & Wednesday	8:30 - 9:25	Big Room	David Docherty 658-8303	Starts Sept. 9
Men's Group (GH0TH)	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	Starts Sept. 11
Pickle Ball	Start Date and Time to be decided Fall 2015		Off-site	Ed Bancroft 380-2411	Saanich Comm. Place
Poker Group	2nd Tuesday	2:00 - 4:00	Studio	Carol Didier 658-8444	Starts Sept. 22
Studio Group	Wednesday	1:00 - 4:00	Studio	Maura Dunn 652-2650	Year Round
Sunday Games	3rd Sunday	1:00 - 3:00	Lounge	Brenda Hurd 658-6484	Starts Oct. 18
Walking with Dogs	Friday	9:00-11:30	Various Trailheads	Brenda Hurd 658-6484	Year Round

GROUP NEWS

Blue Heron Singers - We warmly welcome returning and new members, as our CB55+ Choir begins our eighth year! We plan to share and have fun singing a wide variety of familiar and new songs. We sing together each week on Thursday afternoons from 2:30 pm – 4:00 pm. If you come any time after 2:00 pm, you can meet other Choir members and find out more about our Choir. Everyone is welcome to check us out. And if you want to listen to us - anytime - please come! If you have any questions, especially if you are thinking of joining us, call Pat Robertson at 250-479-4271.

Hot Shots - the Fall session starts Oct. 5 - Nov. 30. No class on Oct. 12 (Thanksgiving). Cost is \$15.00 for the 8 week session plus \$2.00 per each time for pellets, targets etc.

Poker Group - Because of the Meet & Greet the Poker Group is meeting on Sept. 22 instead of Sept. 8, but in October we will meet on the 2nd Tuesday (Oct. 13).

INTERGENERATIONAL PROGRAMS

Principal Kelly Urarii receiving the Golden Star Award from a representative of the BC Retired Teachers' Association to recognize the interaction of students and seniors in the community.



Watch for upcoming information about our popular IG programs once the school year is underway. Our IG activities are a source of mutual enrichment for CB 55+ members and the students from Cordova Bay School. A sampling of what has been offered includes photography, physical activities, classroom assistance, cooking, drama, crafts, knitting, art, Lego, family history and cycling. We work with the Principal and teachers to engage in different activities with the students through the school year.

For more info, please contact Diane Cowden at 250-477-4571 or email d.cowden@me.com

IPAL (Intergenerational Physical Activity Leadership) - UVIC will be running 2 leadership workshops for members and Claremont Secondary students on **Sept. 23 (3 - 5 pm)** and **Sept. 30 (12:15 - 2:30)** at Cordova Bay Elementary. Members will be taught how to facilitate games and activities with elementary school students. A six-week program during the lunch recess will start on **Oct. 5 (11:14 - 11:50)** for participants and students.

For more info, please contact David Docherty at 250-658-8303.

BLUE HERON CAFE NEWS - EXCITING NEW LUNCHESES ARE COMING!!!

We are lucky to have the Stelly's Secondary School Culinary Program catering many of our lunches this fall. Starting September 17, lunches will be served every **Thursday from 11:30 - 1:00 pm**. The cost will be \$7 for a full lunch (this cost does not include beverages). First come, first served for up to 40 members. On the last Thursday of the month, serving will end at 12:30. Once a month, CB55+ member groups will be volunteering to prepare and serve the lunch. If any groups are interested in offering lunch, please get in touch with Doris Brix (250-479-7420). Also, volunteers for serving and clean-up are always welcome.

Upcoming Menus

Sept. 17: Assorted Sandwiches, Salad and Dessert

Sept. 24: Soup, Focaccia Bread, Beet Salad and Dessert

Watch for future menus on the website and posters at the Centre.

Come and enjoy a wonderful lunch with other members!!



WHAT ELSE HAS BEEN HAPPENING AT CB55+???



Happy 50th,
Pat & Wayne!!

What a grand Canada Day Celebration!



Happy 90th, Dorothy!!



Buy your ticket
for the BBQ!



Cooking Up Burgers
"In Style"!!



Enjoying Good Food
and Friends

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, which will be used to purchase a defibrillator, with additional financial support and training from the Heart & Stroke Foundation. Since May 2015, funds raised via the Smile Card program will buy equipment for the kitchen. If you need a Smile card, you can get one from the CB55+ office. Also, when you shop at Tru-Valu in Cordova Bay, 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!



CB55+ Board Of Directors 2014/2015

EXECUTIVE

Dave Docherty	President/Governance	250-658-8303
Louise Parton	Vice Pres /Governance	250-658-8462
Rich McMorrان	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 well over 500 paid-up members!! Membership is still \$20, and will drop to \$10 on Oct. 1 until the end of 2015.

LIFE memberships are discreetly available for those with low incomes. Enquire at the office.

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

BY THE WAY

Don't forget the Fall Craft Sale to be held on **Saturday Nov. 7, 10:00 - 3:00 p.m.** If any members would like a table, please contact Maura Dunn (250-652-2650) or Sheila Woloshyn (250-658-0756). For further details, check the website.

The Blue Heron News comes out four times a year. The Winter edition will be out at the end of November. Check our website for up-to-date information on programs and events.

<http://www.cordovabay55plus.org>

DROP-IN TUESDAY SCHEDULE

Big Room, 10:00—11:30 am

Speakers are subject to change; check the website

SEPTEMBER

- Sept. 8 Meet & Greet **(1:00 - 3:00 pm)**
- Sept. 15 Armchair Travel - The Baltic – Pauline Cohen
- Sept. 22 Citizenship - Gerald Pash
- Sept. 29 Water Conservation – UVIC

OCTOBER

- Oct. 6 Sex, Love & Mothers of Confederation - UVIC
- Oct. 13 Community Work Projects - Paul Letour
- Oct. 20 Armchair Travel - Myanmar – Bobbi & Don Johannsessen
- Oct. 27 Hallowe'en - Target Theatre

NOVEMBER

- Nov. 3 Booksmacked - GVPL
- Nov. 10 A 1st World War Sapper Talks about the Trenches – UVIC
- Nov. 17 Armchair Travel - Cruising From Budapest to Amsterdam - Rand Harrison
- Nov. 24 Power To Be – Tom Cormode

DECEMBER

- Dec. 1 Christmas with the Blue Heron Singers
- Dec. 8 Christmas Luncheon at the Beach House
- Dec. 15 Christmas Around the World



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

SEPT. 2015		Seaside	Courtyard	Studio	Cafe/ Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 9:25 Stretch/Strength 9:30-10:30, Sept. 14 iPad Beginners 10:45-12:15 Sept. 14 - Oct. 26				
	pm	iPad Intermediate 1:30-3:00 Sept. 14 - Oct. 26 Hatha Yoga 5:00-6:00, Sept. 14 - Oct. 26		Art Group 1:30 - 4:00		
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30, Sept. 15 Mild Stretch & Strength 11:30-12:30, Sept.15-Nov. 3				
	pm	Meet & Greet, 1:00 - 3:00 Sept. 8 Osteofit, 1:00 - 2:00 Sept. 15 - Nov. 3 Chair Yoga 2:00 - 2:45 Gentle Yoga 3:00 - 4:00 Sept. 15 - Nov. 3		Dominoes 1:30 - 3:00 (3rd Tues.) Poker Group 2:00 - 4:00 (Sept. 22)		Pickle Ball TBA
Wednesday	am	Men's Fitness 8:30 - 9:25 Osteofit 10:00 - 11:00 Sept. 9 - Oct. 28				
	pm	Bridge Group 1:00 - 4:00		Studio Group 1:00 - 4:00	Cribbage 1:00 - 3:00	
Thursday	am	Stretch & Strength 9:30-10:30, Sept. 10 Zumba Gold 11:00 - 12:00 Sept. 17 - Oct. 29		Board Meeting 10:00 - 12:00 (2nd Thurs.)	Cafe Lunch 11:30-1:00 Sept. 17 & Sept. 24	
	pm	Blue Heron Singers Set-up 12:00 - 2:30 Blue Heron Singers 2:30 - 4:00, Sept. 17 Tessa Rae Yoga 7:15 - 8:15 Sept. 17 - Oct. 29		Garden Group 1:00 - 2:30 (last Thurs.)		
Friday	am	Line Dancing 10:00 - 11:15 Sept. 18 - Oct. 30				Hiking Group - Lochside Park 8:50-12 Walking with Dogs 9:00-11:00
	pm	On the Go Again 1:30 - 3:30, Sept. 11		Mah Jong 1:30 - 4:00		