



Blue Heron News

Cordova Bay 55 Plus Association

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WHAT'S COMING UP

Tues., Sept. 14 - Welcome back to Tuesday Drop-in! Come and enjoy the presentation, a cup of coffee, and some camaraderie with folks you haven't seen in a long while!



AUTUMN HOURS FOR CB55+

School starts on Tuesday, Sept. 7, so we need to give the children lots of space! CB55+ Groups can meet as scheduled next week, but the Centre will not be fully open until Monday, Sept. 13. Regular CB55+ hours in the fall will be from 9:00 am to 4:00 pm. Remember to wear your mask while in the Centre, and stay home if you're not feeling well.

PRESIDENT'S MESSAGE

Welcome back everyone! I hope you enjoyed the sunny, searing summer and were able to get together with family and friends you hadn't seen for far too long. It was wonderful seeing many of you at the Welcome Back BBQ held on August 17th. The food was delicious and the turnout of over 100 members seemed to thoroughly enjoy themselves. Thank you to Dave Docherty and the Men's Group for another terrific Summer BBQ.

Our optimism for the loosening of restrictions in September has been dampened by the concerns over the COVID Delta variant. We are now requiring all those accessing the Centre to be fully vaccinated and masks are mandatory again. Proof of vaccination will be required commencing September 13th. Check our website for up-to-date info. on COVID protocols and September activities.

A number of the CB55+ activities have continued during the pandemic either via Zoom, outdoors or, as of July, back at the Centre. We hope to gradually get back as close as possible to regular programming, commencing in September, following the Provincial Health Officer's orders and guidance. Zoom sessions will continue for some activities while others may remain on hold.

We are planning on resuming the Wednesday lunches as soon as possible. We have worked with Stelly's Secondary School Culinary Program and will be doing so again this year once the school is back in session and ready to begin the service.

We continue working on the Integrated Management System (IMS) to integrate our financial, membership, and payment systems. This means less volunteer time needed for membership renewals, registration for activities, financial accounting, etc. All members should have received an email from Membee asking you to set up an online account. If you haven't already done so, you will receive further requests and I encourage you to sign up.

Thank you for your continued support of CB55+. And, as always, to the volunteers who keep us organized and informed. A special nod to Andrea Lindsay, our Office Coordinator, who has spent many hours and days at the Centre over the summer to keep the administrative functions operating smoothly. Stew Arnold



SPECIAL EVENTS & EXCURSIONS

The **Welcome Back Barbecue 2021**, hosted by the men of CB55+, was a great success and saw 114 members getting together and enjoying the food and friendship after many months of not being able to gather. Because of the COVID restrictions, only 50 members were able to be seated inside with the rest outside in the courtyard or in the parking lot. The weather eventually cooperated and it was really great to hear the buzz of conversation and see people enjoying each other's company. Twenty-two men, under the direction of Dave Docherty, put on the event which went off smoothly and seemed much appreciated by all who attended.

There are no excursions planned for the fall due to the increase in the Delta variant. We have been in touch with Zahra Carino, the Pharmacist at the Cordova Bay IDA, to determine the feasibility of providing flu shots at the Centre in October/November.

Quite a number of CB55+ members have taken advantage of the 2-session Advance Care Planning workshops offered over the past few years. Covid has prompted many of us to consider the need for advance serious illness planning, which is different from end of life planning, as covered in the previously mentioned workshops. There is an excellent on-line resource, the Plan Well Guide. You can learn more about it at www.planwellguide.com. A free, step-by-step format will provide the tools necessary to develop a personal Advance Serious Illness Plan. You will be educated about the different types of medical care treatments, be able to express your values and goals, and get done-for-you documents to allow for easy sharing and communication.

Mary Horton and Sue Melrose, Excursions Coordinators

REMEMBER WHEN ...

Do you remember when Rich and Bev McMorran were always together celebrating whatever was happening at CB55+? Rich was one of the "Fab 5" founders of CB55+, and Bev supported his continuing efforts to fundraise so that we could expand our space from one spare classroom to include our "big" room, kitchen and washrooms.

Rich died in 2016 and Bev passed away on Aug. 23 this summer in Kelowna. Rich and Bev leave two sons, Scott and Michael, and their families.

We are grateful for all their efforts over the years helping to establish our very special Association. Rich was always very clear that CB55+ was welcoming to ALL!



INTERGENERATIONAL PROGRAMS

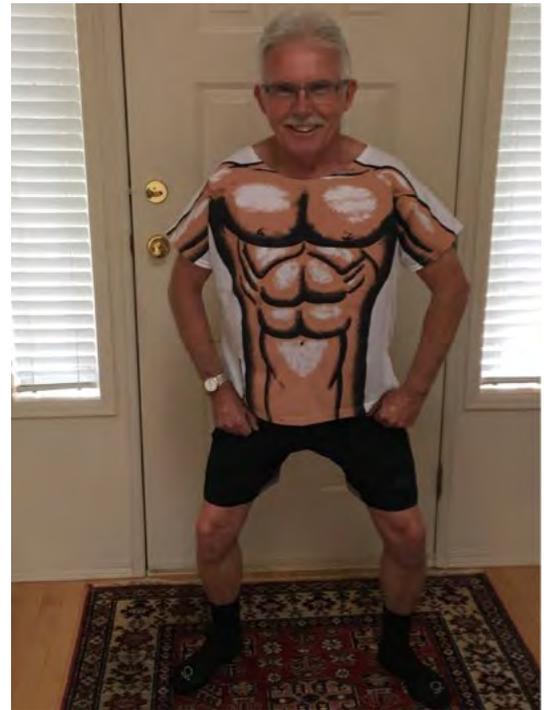
We continue to maintain our close connection with the Cordova Bay School and the Principal, Mary Lynn Heron, with the hope that we can run all our IT Programs this fall. We miss interacting with the children and wish for better days to come and hope they happen soon. Stay tuned!

BY THE WAY

Does anyone have room to store one or two canopies for the winter? Connie McKenzie has kindly kept these in her garage for several years, but she needs her space back, so it would be nice if another member offered to store these for future barbecues, and other outdoor events and activities. Contact the office, and thank you!

GROUP NEWS (Due to Covid restrictions, many CB55+ Groups have not been able to meet for several months, so they do not have any news to share with other members at this time. For a complete listing of all CB55+ groups, please see our website.)

Men's Fitness - has continued to operate right through the pandemic with 30-36 men participating on a regular basis. Since the change in the COVID public health orders, 12-14 men have been participating at the Centre along with 18 or more continuing at home via Zoom. The option of participating at the Centre or via Zoom will continue until the end of December, 2021. The cost for a four-month session starting in September and continuing until the end of December is \$30 and can be paid on-line or at the Centre. The class meets on Mondays and Wednesdays, 9:00 - 10:00 am. Check out one member's photo to see what the classes can do for you! Anyone interested in joining or trying it out should contact Dave Docherty at (250) 658-8303 or angdave@telus.net for more info., including the Zoom link.



Golf Group - is about 70% through the 2021 season. Collectively, we have golfed over 600 rounds and we're not done yet. We play twice a week on Mondays and Thursdays at Mount Doug Golf Club or at The Ridge. Although all golf courses are very busy, we have been fortunate in securing block bookings at Mount Doug, which guarantees 8 tee times for our events throughout the season. The Ridge has also been a popular spot to hone one's short game and to enjoy a cool beverage on their patio. As we are playing to the end of September, it is not too late to join our group. All we ask is that you have some golf experience and know basic golf etiquette. If interested, contact Ted Dobie (250-477-5066) or Marilyn Brack (250-479-8689) for more information.

Dominoes - has, like so many others, been on hiatus for the duration since COVID-19 closed us down! Since this is definitely a "hands-on" activity, we elected to stay away, within our own social bubbles, until safe to get together again. While we do not normally meet during the summer, we wanted to push the restart button, and a small group met on July 21 and Aug. 24, to try to remember how to play Chickenfoot and Mexican Train – and how to keep score! We plan to meet monthly in the fall, as per our usual dates & time. All CB55+ members are welcome! Contact Rikki Bowman for further information at rikkij@shaw.ca or (250)382-6197.

Wednesday Evening Games - has been playing games all summer and we hope more members will join us this fall. In September, we are meeting on the 1st and 15th of the month. We will be returning to our regular schedule; i.e., the 2nd and 4th Wednesday evenings, in October. We meet at 7:00 pm and play a variety of board and card games. Come and join us! For more information, contact Brenda Hurd at brendarhurd@gmail.com or (250)658-6484.

GROUP NEWS CONTINUED

On-the-Go-Again - won't be meeting at the Centre until perhaps October. Most of our members are not comfortable with being in a confined space with several other people who they may not have seen in several months. We hope to get together again as soon as possible.

Worth a Read Book Group - met at Beaver Lake Park over the summer months and we were blessed with beautiful sunny weather. There is something very special about sitting in a companionable circle in an outside park discussing an interesting book! We hope to meet there for our September meeting, weather permitting. Our August read was *The Dutch House* by Ann Patchett. Although most of us agreed it wasn't our favourite Ann Patchett book, it prompted some lively discussion. September's book choice is *The Home for Unwanted Girls* by Joanna Goodman and October's book selection is *The Splendid and the Vile: A Saga of Churchill, Family and Defiance During the Blitz* by Erik Larson. Both books are bound to stimulate further interesting conversations! We meet monthly on the 4th Tuesday of the month at 1:30 pm (2:00 in the summer months). If you would like further information on the book club or would like to join us, please contact Sue Jergens at sjergens@hotmail.com or Jan Grewar at jangrewar@gmail.com.

Balance & Strength Class (ex-Fall Prevention, ex-Osteofit) - continues to be taught by certified instructor, Kay Inamura, on Wednesday from 10:05 to 11:05 am in the Big Room. A small group of us have been meeting since June 9. The cost is \$60 for 10 sessions, which can be paid on-line through the website, or by cheque brought in or mailed to the Centre. We are eagerly looking forward to a return to our usually full classes in September. The name change describes a wider focus on balance, muscle strength, and coordination. We hope to see many more class members return in the fall. Contact Gillian Pearson at bookend@shaw.ca for more information.

Art Group - Throughout the summer, we have continued to meet, paint, and socialize both outside at different inspiring venues and inside at CB55+. We are so grateful to be living in this beautiful city and to have had each other to laugh, create, and play with during this strange time in our history. The fall promises to be a hopeful period for all of us and the Art Group looks forward to meeting at the Centre on Monday afternoons from 1:30 - 4:00 pm. If you wish to know more about our group, please contact me, Jane Bishop, at janebishop.is@gmail.com. New members are always welcome!



Enjoying a little plain air at Government House!



Cribbage Group - will be starting again on September Wednesday, Sept. 8, from 1:00 to 3:00 pm in the Lounge. Everyone is welcome to join us for a few games! For more information, contact Lindie Schwartz at (250)658-1940.

Bridge Group - always welcomes new members. We are a friendly bunch who like to play at all levels on Wednesdays at 1:00 pm. If you have questions, please call Orma at (250)658-4805.

GROUP NEWS CONTINUED

Walking Group - continues their Friday morning walks at 9:30 am. We have space for three new walkers if any member would like to join us. Every Friday we have four walks offered, between 60 and 90 minutes in length, with a maximum of 20 stairs at any given time. All walkers lead a walk on a rotational basis. New walkers are usually paired up with a seasoned member for leading their first few walks. Contact Pat Bancroft at patbancroft1946@gmail.com or Judy Jefferey at Judith.jefferey@gmail.com for more info.

Happy Strummers - have been happy, indeed, through the sunny late spring and summer months, playing & singing in Teresa Thom's backyard (Wednesdays 11:00 -12:30). We held a very successful potluck there recently, surrounded by hydrangeas and dahlias galore. As soon as we are able to go back into CB55+ and sing without masks, we will gladly accept new members from our waiting list. Contact Pat Carfra at plcarfra@shaw.ca

Pickleball Group - The summer and loosening of Covid-19 restrictions brought out lots of new Pickleballers who joined CB55+ and our group. In the summer, we played at McMinn Park twice a week (Tuesdays at 10:30 am and Thursdays at 1:30 pm). We also played at Saanich Commonwealth Place on Wednesdays (4:30 - 6:30 pm). In the fall, we will be playing pickleball on Tuesdays, from 1:30 to 3:30 pm at Commonwealth Place, starting on Sept. 21. We'll continue to meet at McMinn Park on Thursdays, 1:30 to 3:30 pm, weather permitting. Come and join us! We only ask that you have taken a course or know the basics of Pickleball. The cost is \$4.00 per person per session and any member can drop in. For more info., contact John Arduini at jarduini@shaw.ca



Blue Heron Singers - are positively bursting to get back to singing after a much too long rest! Our beloved director, Pat Robertson, is working toward us all coming back when Public Health Orders permit us to sing together again. However, with the newest information about the virus variants, we don't see the choir beginning again until at least October. When we have some more definite information, we will share it with ALL who want to sing. HERE'S TO SONG!

GROUP NEWS CONTINUED

Digital Photography Group - explores some of Victoria's special places once a month to capture images with our cameras (SLRs, iPads or mobile phones) and once a month we meet either virtually or in person to share our photos with the other members. We focus on different themes, such as Leading Lines, Framing, Reflections, etc. which help us to think about Composition overall and how to improve our photos while editing. Our next get-togethers will be Friday, Oct. 8 and 22. If you would like more information about this Digital Photography group, please contact Diane Anderson, anderson.diane@me.com.



Looking for the perfect shot



A variety of cameras are used, including iPhones and iPads



Natural framing at Lohbrunner Park

Leading lines at the Breakwater



SAANICH COURSES - Registration and payment are made through Saanich Recreation. Phone (250)475-7600 or online: <https://www.saanich.ca/>

iPhone Basics & Beyond - #65712 - Mon. Sept. 20 & 27, 1:00 - 3:00 pm 2/\$79
#65713 - Mon. Nov. 1 & 8, 1:00 - 3:00 pm 2/\$79
#65716 - Mon. Nov. 15 & 22, 1:00 - 3:00 pm 2/\$79

iPad Basics & Beyond - #65712 - Mon. Oct. 18 & 25, 1:00 - 3:00 pm 2/\$79
#65721 - Mon. Nov. 29 & Dec. 6, 1:00 - 3:00 pm 2/\$79

Line Dancing - #64860 - Fri. Sept. 10 - Oct. 22, 10:15 - 11:30 7/\$60 Instructor: Vicky McCulloch
#64861 - Fri. Oct. 29 - Dec. 17, 10:15 - 11:30 8/\$68 Instructor: Vicky McCulloch

Chair Yoga - #65761 - Fri. Sept. 17 - Oct. 29, 9:00 - 10:00 7/\$69
#65762 - Fri. Nov. 5 - Dec 17, 9:00 - 10:00 8/\$79

Gentle Yoga - #65752 - Tue. Sept. 14 - Oct. 26, 3:00 - 4:00 7/\$69 Instructor: Tessa Rae Hamelin
#65753 - Tue. Nov. 2 - Dec. 21, 3:00 - 4:00 8/\$78 Instructor: Tessa Rae Hamelin

Beg. Yoga - Level 1 - #66384 - Mon. Sept. 13 - Oct. 25, 5:30 - 7:00 6/\$88 Instructor: Tessa Rae Hamelin
#66385 - Mon. Nov. 1 - Dec. 20, 5:30 - 7:00 8/\$117 Instructor: Tessa Rae Hamelin

CB55+ GROUPS SCHEDULE

GROUP/ROOM/LEADERS	DAY /TIME	GROUP/ROOM/LEADERS	DAY/TIME
ART GROUP Big Room Jane Bishop 477-6206	Monday 1:30 - 4:00 pm	HOTSHOTS Badminton Hall Lorne Brack 479-8689	Monday 10:00 - 11:30 am TBA
BLUE HERON SINGERS Big Room Pat Robertson 479-4271	Thursday 2:00 - 4:00 pm TBA	MAH JONG Studio Glenda Kirk 658-1260 Chris Greenwood 478-6866	Friday 1:00 - 4:00 pm
BOOK CLUB (Worth a Read) Studio Sue Jergens 479-2226 Jan Grewar 658-2297	4th Tuesday 1:30 - 3:30 pm	MEN'S FITNESS Big Room Dave Docherty 658-8303	Monday & Wednesday 8:55 - 9:55 am Zoom & Centre
BRIDGE DROP-IN Studio Karen Bryan 896-1201	Monday 9:00 - 11:00 am Currently on hold	MEN'S GHOTH Off-Site Dave Docherty 658-8303	Various Day Trips Currently on hold
BRIDGE DROP-IN Big Room Orma Paton 658-4805	Wednesday 1:00 - 4:00 pm	ON THE GO AGAIN Big Room Bobbi Johannessen 658-8824 Gwen McPherson 658-5451	Friday 1:30 - 3:30 pm TBA
CRIBBAGE Lounge Lindie Schwartz 658-1940 Linda McGillivray 778-430-0444	Wednesday 1:00 - 3:00 pm Starts Sept. 8	PICKLEBALL Saanich Commonwealth Place McMinn Park John Arduini 477-6692 Allan Galambos 818-3822	Tuesday 1:30 - 3:30 pm Thursday 1:30 - 3:30 pm Weather permitting
DIGITAL PHOTOGRAPHY Studio Diane Anderson 477-8255 Diane Cowden 477-4571	1st & 3rd Friday 10:00 - 11:30 am Off-site till Oct. 1	PING PONG Big Room & Courtyard patio Brenda Hurd 658-6484 Debra Sigurdson 727-7338	Thursday 12:00 - 1:30 pm
DOMINOES Studio Rikki Bowman 382-6197 Judy Burgoyne 382-5697	3rd Tuesday 1:00 - 3:30 pm	POETRY READING Studio Ron Marken 778-265-9949	1st, 3rd, & 4th Thursday, start Oct. 10:00 - 12:00 pm
BALANCE & STRENGTH Big Room Gillian Pearson 658-1609	Wednesday 10:05 - 11:05 am	STUDIO GROUP Studio Vivienne Smith 382-4618	Wednesday 1:30 - 4:00 pm
FAMILY HISTORY Lounge & Studio	2nd Tuesday 1:00 - 3:00 pm Currently on hold	WALKING GROUP Various Trailheads Pat Bancroft 380-2411 Margaret Bates 544-2177	Friday 9:30 - 11:00 am
GOLF GROUP Off-site Ted Dobie 477-5066 Marilyn Brack 479-8689	Monday & Thursday Ongoing till Oct.	WALKING WITH DOGS Various Trailheads Christine Smith 727-8544 Fran Charles-rens 888-0946	Friday 9:15 - 11:30 am
HAPPY STRUMMERS Big Room Pat Carfra 479-9118 Brenda Hurd 658-6484	Wednesday Off-site 11:00 - 12:30 Big Room, when weather cools, 11:15 - 12:45 pm	WEDNESDAY EVENING GAMES Lounge Brenda Hurd 658-6484 Hazel Bowman 658-5928	2nd & 4th Wednesdays 7:00 - 9:00 pm
HIKING GROUP Fowler Park Stew Arnold 721-2870 Craig Hilborne 479-0104	Friday 8:50 - 12:00 pm	WOMEN'S FITNESS Christine Smith 727-8544 Zoom only	Monday, 10:30 - 11:30, Tuesday, 8:45 - 9:45, & Thursday, 9:30 - 10:30 am

BLUE HERON CAFE

Over the last eighteen months, life has changed for all of us. The volunteers in the kitchen have also changed. The Coordinator of the kitchen, Helen Maxwell, has taken a four-month temporary leave of duties, due to health concerns. Helen's skills and experience will be sadly missed.

With the return of school on Sept. 7, it will be a few weeks until Stelly's Culinary Program will again be able to supply our Wednesday lunches. An email will be sent to the general membership as to when we can restart our lunches - stay tuned!

We hope to have coffee and goodies available for members who drop in to the Centre, starting Wednesday, Sept. 8, for a nominal fee.

We are looking for coffee volunteers in the kitchen on Tuesday and Wednesday mornings. Duties would include making coffee, plating cookies and squares, and clean-up. The time commitment is 8:30 to 11:30 am.

We are also looking for lunch volunteers to join our team for our Wednesday lunches. Duties would include food prep, plating lunches, serving, and clean-up. Previous experience in catering for large groups of dinner guests is helpful but not necessary. The time commitment is every Wednesday from 9:00 am to 1:00 pm. Interested members can phone the office, or send an email, with the Subject line: **Kitchen Volunteers**. Thank you for supporting the CB55+ Kitchen Team.

Sue Williams, Kitchen Liaison



TRUSTED TRADES

A few years ago the CB55+ Board decided to offer our members a helpful list of "trades" to assist in needed services such as home and auto repair, computer needs, etc. Many of our members have found it very helpful when wondering who to call. We are always glad to receive more suggestions to add to our list and also comments from satisfied users. Frequently, someone will ask for help for something not on the list. We are always willing to try and find someone to fill their needs.

One request has been for help with downsizing, i.e., moving from house to retirement residence and all the pieces involved. There are several companies that do this but one that stands out is called **Home Again Seniors Transition Services**. They have a large, experienced staff who cover all the aspects of this transition. They have an extensive website and their phone numbers are (250)984-4044 or (250)857-6622.

Another request is for someone who can remove one or more pieces of furniture for disposal and also to pick up furniture from one place and deliver it to a different address. This company is currently called "South Island Furniture Disposal" but is in the process of a name change as that doesn't reflect everything it does. The owner is Benjamin Ryder and he can be reached at (250)883-8083. He will also take away garden waste, broken fences, sheds etc.

To receive an updated list, please email Elizabeth Carson, the Trusted Trades Co-ordinator at elizacarson@hotmail.com

OUR AMAZING VOLUNTEERS - CB55+ Men's Group AKA "Great Chefs"

It's now been almost 18 months since we first closed the Centre due to Covid-19. We are so very grateful to all those CB55+ members who have stepped up in various ways to keep our organization going strong – thank you, thank you!

And what a treat it was to be able to attend the **Welcome Back Barbecue** on August 17th hosted by the men of CB55+ and attended by more than 100 delighted members. We were so happy to connect with old friends, some of whom we hadn't seen since the start of the pandemic. We offer our very sincere thanks to all those involved in putting on this event: **Dave Docherty**, who does so much for CB55+, was the principal force in planning and organizing the event. Dave also relied on his right-hand men, **Bob Wormald**, who rounded up all the barbecues, and **Mike Mooney**, who organized all the seating, including the tables and awnings. We're glad we weren't in the line-up at Costco behind Dave and Mike when they went to purchase all the food and supplies!



The stars of any barbecue are always **the Chefs (the Cooking Crew)**! Led by **Bob Wormald**, the crew also included **Michael Phillips**, **Alex Izett** and **Lorne Brack**, and they did a wonderful job cooking all those burgers for us. They made an excellent team.

Behind the scenes, **the Kitchen Crew**, led by Dave, did all the prep work, including chopping fruits and vegetables, making the delicious Caesar salad, plating the food for the buffet tables and more. **Doug Skillings**, **Elden Neufeld**, **Brian Head**, **Jim Rondeau** and Dave made up this efficient team.

The Buffet Watch and Replenishment Crew, led by **John Arduini**, oversaw all the buffet tables to ensure food was always plentiful and the line-ups well managed. We felt very well taken care of. **Rolph Petersen**, **Tom Robinson** and **Cliff Wilde** were on John's team.

And what would a barbecue be without dessert? **The Desserts and Cutlery Crew** prepped and served all those delicious pies with ice cream as part of their job – delicious! Thank you to **Hugh Spoor** for leading the team that also included **Ian McKay**, **Len Jenks** and **Brian Parker**.

Thanks also to **Mike Mooney** and his team, the **Tables and Chairs Crew**, for setting everything up so it looked so inviting and we all felt Covid-safe. Mike's crew included **Stew Arnold**, **Malcolm Parslow** and **Cliff Wilde**, plus others who stepped up to help.

And then there's the very important **Clean Up Crew**, led by **Roger Purdue**, that made sure everything, including all the tables and chairs and awnings, were cleared and put away so that no-one would know we'd been there! Roger's crew included **Mikkel Bonner**, **Sandy Kirk**, **Cliff Wilde** and others. Many thanks to all of you – you are all Amazing Volunteers!

**** ps.** Thanks also to **Doris Brix**, who volunteered to prep all the table centrepieces – they looked beautiful!



Fancy Pants!

Happy Eaters

So much food!

Dessert, please?



LIBRARY NEWS

The Library is now open for members looking for an interesting mystery, novel, or nonfiction to read. The Library operates on an honour system so there is no need to sign books out. We ask you to keep books for the time you need and then return in the wicker basket. Karen McIvor has kindly donated a book of potential interest to our members. Sea-Lake by Anne Pearson is a history of development of the Cordova Bay area. We also have a small collection of books by our own members. We ask that you sign those particular books out in the sheets provided on the shelf. New book donations will be welcome in October, especially gently used soft cover books, with a publication date after **2012**. Happy Reading!

CB55+ Board Of Directors 2021

EXECUTIVE

Stew Arnold	President	250-721-2870
Jan Grewar	Vice President	250-658-2297
Louise Parton	Past President	250-658-8462
Sue Jergens	Secretary	250-479-2226
Kim McGowan	Treasurer	250-721-2735

DIRECTORS

Dave Docherty	Governance Comm.	250-658-8303
Velma Minckler	Office	250-658-8987
Von Bishop	Membership/IT Mgr	250-477-6206
Patricia Houston	IG/Trusted Trades	250-381-0656
Shannon Baylis	Events/Volunteers	250-658-5656
Allan Dakin	Facility/Security	250-744-1357
Carole Didier	Director at Large	250-658-8444
Sue Williams	Kitchen Liaison	250-361-6647
Jim Rondeau	Director at Large	204-795-5075
Phyllis Senese	Director at Large	250-477-9744

MEMBERSHIP

Membership in CB55+ continues to tick along, despite the hardships of the pandemic. At the time of writing, we have 501 Regular members and 40 Golden and LIFE members. We have two or three new people join us each week and a number of our past members are rejoining as well.

In mid-July, we implemented a new computerized membership management program called Membee. The main benefits are that we will reduce the amount of work for our volunteers in record keeping and our members will be able to sign up and pay for things on-line. As with any new system, we've had some start-up issues but things seem to be settling down and Membee, based in Calgary, has been very helpful in getting us going.

Although Membee allows us to pay for our fees and activities on-line at our convenience, we will always be able to pay through the Office, either in person or by mail, so no one should feel they have to learn how to do things totally on-line. It is our hope that later in the fall, when things have improved COVID-wise, we can run some sessions at the Centre to help those who want to learn how to use Membee more fully.

Membership fees are \$20 for new members and \$40 for renewals until the end of this year.

TUESDAY DROP-IN SCHEDULE

Big Room, 10:00—11:30 am

(This schedule is TENTATIVE and subject to change! Check the website for up-to-date info. or phone the CB55+ Office for speaker confirmation.)

SEPTEMBER

- Sept. 14 - Travel Tech for Seniors - Alan Perry
 21 - Armchair Travel - A Memorable Visit to a Proposed Gold Mine in Guinea, West Africa in 1984 - Allan Dakin
 28 - Climate Change, Questions & Answers - Elizabeth May

OCTOBER

- Oct. 5 - Pending
 12 - First Treaties - The Routes of Indigenous - Settler Relations in Canada - UVic.
 19 - Pending - Karen Adam
 26 - Road Hill Murder of 1860 **OR** How Ghost Stories Work and Why - UVic

Stay tuned for November topics!



BY THE WAY

The next Blue Heron Newsletter will be out at the beginning of December. Please check our website for current information:

<http://cordovabay55plus.org>

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

September		Seaside	Courtyard	Studio	Lounge	Off-Site
Monday	am	Men's Fitness 9:00 - 10:00 <i>Zoom & at Centre</i> Women's Fitness 10:30 - 11:30 <i>Zoom only</i>		Beg. Bridge 9:00 - 10:30 <i>Sept. 20 - Nov. 15</i>		Hot Shots 10:00 - 11:30 Badminton Hall TBA Golf Group Mt. Doug/Ridge
	pm	Art Group 1:30 - 4:00 Beg. Yoga, Level 1 5:30 - 7:00 pm <i>Sept. 13 - Oct. 25</i>		iPhone Basics & Beyond 1:00 - 3:00 pm <i>Sept. 20 & 27</i>		
Tuesday	am	Women's Fitness 8:45 - 9:45 <i>Zoom only</i> Tues.Drop-in , starts <i>Sept.14</i> 9:30 - 11:30 am				
	pm	Gentle Yoga 3:00 - 4:00 pm <i>Sept. 14 - Oct. 26</i>		Dominoes , 1:00 - 3:30 pm (3rd) Worth a Read , 1:30 - 3:30 pm (4th)	Family History 1:00 - 3:00 pm <i>TBA (Studio)</i>	Pickleball 1:30 - 3:30 pm Saanich Comm. Place Starts <i>Sept. 21</i>
Wednesday	am	Men's Fitness 8:55-9:55 am <i>Zoom & at Centre</i> Balance & Strength 10:05 -11:05 am				Happy Strummers 11:00 - 12:30 <i>Member's home</i>
	pm	Bridge Group 1:00 - 4:00 pm		Studio Group 1:30 - 4:00 pm	Cribbage 1- 3 <i>Starts Sept. 8</i>	WEG 7 - 9 pm, <i>Sept. 1 & 15;</i> (2nd & 4th, in Oct.) (Lounge)
Thursday	am	Women's Fitness 9:30-10:30 <i>Zoom only</i>		Poetry Group 10:00 - 12:00 (1st, 3rd, & 4th), Starts in Oct.	Board Mtg. 9:00 - 11:00 am (2nd)	Golf Group Mt. Doug & Ridge
	pm	Ping Pong 12:00 - 1:30 pm Blue Heron Singers 2:00 - 4:00 TBA		Bridge Popular Conventions 1:00 - 2:30 <i>Oct. 7- Nov. 25</i>		Pickleball 1:30 - 3:30 McMinn Park <i>Weather Permit.</i>
Friday	am	Chair Yoga 9:00 - 10:00 am <i>Sept. 17 - Oct. 29</i> Line Dancing 10:15 - 11:30 <i>Sept. 10 - Oct. 22</i>		Digital Photo 10:00 - 11:30 (1st & 3rd), Starts Oct. 1		Hiking Grp. 8:50 Walk with Dogs 9:15 am Walking Group 9:30 am
	pm	On the Go Again 1:30 - 3:30 TBA		Mah Jong 1:00 - 4:00 pm		