



The Blue Heron News

Cordova Bay 55 Plus Association

#1 -5238 Cordova Bay Road

Victoria, BC V8Y 2L2

Phone: 250-658-5558

Email: cb55@shawbiz.ca

PRESIDENT'S MESSAGE

Very shortly the warm embrace of summer will give way to the crisp and invigorating air of fall, telling us it's time to gather once again and celebrate the changing seasons at Cordova Bay 55+. With the arrival of autumn comes a renewed sense of community, learning, and exploration. As we bid adieu to lazy summer days, we eagerly usher in a new chapter of growth and camaraderie through our exciting fall programming.

WHAT'S COMING UP



Annual Corn Roast & Potluck Lunch

Tuesday, September 5th.

11:30 am - 1.00 pm

Meet & Greet Open House & Special Interest Group Showcase

September 16th

Art show

Saturday, November 4th.

Craft & Bake Sale

Tuesday, November 14th

As the seasons change, so do our offerings at Cordova Bay 55+. Our fall programming promises to be diverse and captivating: from engaging excursions, speakers, and courses to invigorating fitness classes that keep both body and mind in motion, there's something for everyone to enjoy. As always, information on upcoming events and new offerings is available throughout this edition of the Blue Heron News, the website, and our regular email Updates to the general membership. After all the disruption we experienced during Covid, it's terrific to see all our full slate of regular activities happening once again.

Our annual summer BBQ was a great success with over 160 members enjoying the culinary skills of our Men's Group! Victoria-grown corn on the cob will be featured at another special event on September 5th when our Corn Roast & Potluck will take us offsite to Centennial Park in Saanichton. It gives the school population free rein to enjoy their first day of school!

Our Open House in September will showcase the many activities we offer. Fall is a time for new beginnings; come and speak to other members who participate in a variety of special interest groups to see if there is something new that grabs your attention.

You may find it interesting to learn that, as an experiment, the first draft of this message was created by artificial intelligence, using ChatGPT. AI was a topic during a recent Living Solo meeting; members present had differing reactions, but a spirited discussion arose while discussing the pros and cons of this technology which, as it turns out, has been with us before we acknowledged it—in the form of such things as Google home devices, Siri, etc., among others. No doubt we will all hear more about artificial intelligence as time goes on.



Jan Grewar, President

CB55 + Centre

Open Hours:

Mon - Fri 9:00 am to 4:00 pm

Office Hours:

Mon - Fri 9:00 am - Noon.



GROUP NEWS *For a complete listing of all CB55+ groups, please visit our [website](#).*

Art Group : Contact **Donna Denman** at donnaden@shaw.ca or **Mildred Van Ommen** at mimwage266@gmail.com

We enjoyed another successful Art Show at the end of May and are busy planning our next one for **Saturday, November 4th**. Throughout the summer we have continued to get together on Monday afternoons to paint, create, laugh and support each other. Once a month we have chosen to paint outdoors in various locations. The attached picture was taken at Abkhazi Gardens. If you would like to join us or simply check us out you can drop by the Big Room on Monday afternoons between 1:00 and 3:45. Our Art Cards are now available for purchase with the monies collected going to CB55+. They are located in a cubicle outside of the office.



Monday Bridge: Temporary contact: **Penny Murray** (headwyn_icloud@icloud.com)

Our initial offering this fall will be the Beginner Bridge. Lots of people are interested in the next Intermediate class as well, so stay tuned for an announcement at another time. Beginner Bridge will be offered at the Centre on **Monday** mornings from 10:15 to 11:45 am, and will run on the following dates: **September 11, 18, 25, October 2, 16, 30th**.

The six-week course, **Bridge for Beginners**, follows Audrey Grant's "Bridge Basics 1 -- An Introduction." The course fee includes a copy of this book. Course cost is \$50.

This course introduces the mechanics of bridge and will take you through three core areas of the game: bidding, play and defence. The concepts are presented in a clear, well-organized format. By the end of this course, you will be available to join the CB55+ Monday drop-in beginner bridge group! **Register online** today for Beginner Bridge, **in person, or drop off a cheque** made out to CB55+ in the mailbox.

Bridge Group: Sarah Burwell - sarahburwell@hotmail.com 778-678-0540

3 No Trump! **Did I get your attention?** Our group of bridge players has been going strong all summer and we look forward to welcoming back those who took the summer off or any new players who are interested in playing a social game. You do not need to come with a partner to play as we switch seats four times in an afternoon and we'll always make sure everyone who comes can play. If you want to play and have any questions call Sarah 778-678-0540.

Blue Heron Singers : Margot Gurney at mgurney2875@gmail.com

The Blue Heron Singers have had an invigorating spring session. Twelve new members contributed to our joyful sound as we prepared for our Open House on June 15th. The event was the brainchild of our director Nancy Dobbs. She described it as an opportunity to welcome friends and neighbours to our choral community. Everyone was invited to sing!

It was a huge success! Highlights included Nancy's signature fun, vocal warm ups, Aletha's marvellous accompaniment, Pat Carfra's touching tribute to our beloved former director, Pat Robertson, and our "Music Lady, Thelma's true tale of her father's log rolling days in B.C. Thelma even brought his boots for all to see. Her story served as an excellent prelude to our song, "The Log Roller's Waltz." We celebrated with cake and social time when the day was done. All being well, The Blue Heron Singers will be back in the "sing" of things on **Thursday, September 14th from 2:30-4:30 pm** in the Big Room at the CB 55 Plus Centre on Cordova Bay Road. Please mark your calendars for the CB55. Plus **Open House on Saturday, September 16th**. Our choir will be featured there. It will be a great opportunity to learn about who we are, the fun we have and perhaps sign up as a new Blue Heron Singer. We look forward to seeing you there.



Cordova Bay Ukuleles (Happy Strummers)

Contact **Pat Carfra** - 250-479-9111 plcarfra@shaw.ca or **Brenda Hurd**, brendahurd@gmail.com

We are a congenial group that sings and plays a variety of songs from many genres. Through the summer we continued to meet and are about to start a new season with a new name, 'The Cordova Bay Ukuleles'.

The particulars? We meet every Wednesday from 11:00 - 12:30 in the Big Room at the CB55+ Seniors' Activity Centre on Cordova Bay Road. While our time together is a strum, not a lesson, our Music Director, John Grazley, gives us many tips and ideas.

Anyone with a ukulele, any size, is welcome to join us, though beginners may be more confident with a few lessons beforehand. Shortly a smaller group will be practicing a repertoire to take into the community to entertain in a few seniors' residences. We are social group, too, with a potluck now and then and lunch once a month.

Cribbage

Carol Friesen, carolfriesen@shaw.ca & **Sherrin Horsburgh** at 250-360-6522 sdhorsburgh@shaw.ca

We play for fun and have a mixture of experience. Everyone is more than willing to help new attendees as it's more about getting together and having fun than winning. Sign up is not necessary so if you are wanting to drop by and try your hand at crib feel free to drop in. The crib group meets on Wednesday from 1:00 – 3:00 pm in the lounge.

Digital Photography - Diane Anderson - anderson.diane@me.com.

The group will resume in October. They will meet twice a month, generally on the first and third Friday or Saturday of each month.

Dog Walking Group - Contact **Holly Holt** hholt@telus.net

If you are interested in walking with us, please contact Holly Holt for further information.

Dominoes Group

Leader: **Rikki Bowman** - 250-382-6197 or rikkij@shaw.ca Co-leader: **Irene Dumka** 250-658-9669 iredumka@shaw.ca

This group has continued meeting each month throughout the summer – although the date changed in August as our regular 3rd Tuesday coincided with the Annual BBQ. Some members did take time off during the 2 months, but we always had enough participants to enjoy our games of Chicken foot and Mexican Train. We welcome new members any time.



Gentle Fit - Gillian Pearson - bookend@shaw.ca or **Karen Bryan** karenandkeithbryan@gmail.com

GENTLE FIT classes continue all year. We meet **Mondays from 4-5 pm** and **Thursdays from 10:15-11:15 am**. These exercise classes help with balance and strength and can be performed seated or standing. Instructor is Wanda Hanna. Only \$50 for 10 sessions. Please pay at the CB55+ Office, or online through our website, <https://cordovabay55plus.org>.

GHOTH - Dave Docherty - angdave@telus.net

Several trips for the Men's Group (GHOTH) are being planned for the Fall followed by the usual pub lunch. No dates have been confirmed but information and a signup sheet will be sent out as things materialize. Places to visit include the CRD Treatment Plant in Esquimalt, the Hand of Man in Maple Bay, the Naval Simulator also in Esquimalt, and the Legislature. If male members are not on the men's list and wish to attend any of the trips they should contact Dave Docherty (above) to be added to the list.

Hot Shots - Lorne Brack - lorne.brack@icloud.com 250- 479-8689.

Hot Shots will start the Fall session on Sept. 18 and end Nov 27. We have a full complement of 14 participants. For more details please contact Lorne.

Intergenerational Program: Games and Crafts - Pat Ball at pball@shaw.ca.

We look forward to continuing the program in the Fall. Anyone interested in joining us is most welcome.

On-the-Go-Again: Bobbi Johannessen bobbi.Johannessen@outlook.com meets every Friday afternoon from 1:30 to 3:30 in the Big Room, beginning on September 15. We invite CB55+ members who enjoy meeting in a smaller group than is usual on Tuesday morning, making it easier to see and hear what is happening and to get around more easily. We have interesting discussions, speakers, play games and enjoy visiting and having tea and goodies. We would love to have more participants, helpers to make tea, and drivers to enable some of our members to attend our sessions. We will have a table at the **Open House in September**, so please drop by.

Pickleball Group - Allan Galambos allan.galambos@gmail.com or Rene Maier Renem@shaw.ca

The CB55+ pickleball group continues to grow with new members joining and absent members returning to play. We are now at 118 members and counting. The group is co-led by Allan Galambos, Laurie Wahl, and Rene Maier. Attendance at our indoor games at Saanich Commonwealth Place has steadied for the summer months at approximately 20 players per session while attendance at our outdoor games at McMinn Park has reached 24 people, and is picking up as weather moderates.

Our group continues to stress caring, enjoyment, and exercise over competition but every game is battled to the end. The ultimate tribute to this is the return to action of John Paterson, who has overcome major health challenges and is now back playing full sessions twice a week! If anything, his devastating serve and fierce game have become even harder to handle! A very heart felt welcome back to John from all of us!!!

New members are welcome! Those who are new to the game should have a working knowledge of the rules, scoring, and have achieved a basic skill level. Pickleball lessons are available through the Saanich and Oak Bay Recreation departments. The Victoria Regional Pickleball Association (VRPA) also offers clinics for VRPA members.

We play at Saanich Commonwealth Place (SCP) Tuesdays from 1:30pm to 3:30pm using punch cards purchased online or in person at the CB55+ office at a cost of \$35 for 10 days of play, or \$17.50 for 5. There will be no indoor pickleball on September 4 and 11 as SCP will be closed. We also play outdoors (at no cost) at McMinn Park Tuesdays 10:30am to 12:30pm and Thursdays 1:30pm to 3:30pm.

The moderate weather in August has encouraged large turnouts.

Note from John Paterson

*After an unexpected stay (71 days) in hospital, I 'graduated' from the neurological rehabilitation unit at the Victoria General Hospital and was sent home. My goals while in rehab was to improve enough to go home and – **to return to playing pickleball**. With foresight and ingenuity my hospital physiotherapist incorporated some pickleball footwork into my routine. Nevertheless, with my visual impairment affecting my balance, I was skeptical about returning to the court. On returning, I was touched by the warm welcome I received from the CB55+ pickleball group. I was particularly heartened to learn that Laurie and Rene had arranged transportation both to Commonwealth Place and McMinn Park, making it possible for me to participate, as I could no longer drive. A further complication was my wife's hip replacement surgery and recovery. John A's treat of bringing fresh lemonade to McMinn Park was a refreshing delight on hot days!*

Thanks to the CB 55+ pickleball group for your kindness and best wishes.



Ping Pong - Debra Sigurdson - debraslaptop@gmail.com or Irene Dumka 250-658-9669 iredumka@shaw.ca

Everyone is enjoying our third ping pong table. We are able to play more and also we can play singles. We have one table outside and two tables inside. We welcome everyone from beginners to experienced players. There are extra paddles that you can use if you just want to play a game and see if you like it. We play Thursdays from 11:30-1:30. You can choose to play the full 2 hours or just pop in for part of the time. If you have any questions please contact Debra or Irene.



Poetry group - Ron Marken - tobnoz@mac.ca

To join the Group, you have to be slightly mad and willing to take an occasional chance into orbit. Come and see on **Thursday from 10:00 am to noon**. 1st 3rd and 4th of month.

Studio group - Vivienne Smith - 250-382-4618 or sierra4618@gmail.com or Maura Dunn (maura.dunn@gmail.com)



We hope you have all enjoyed a good summer. The Studio Group will be meeting again on **Wednesdays, 1.30 - 4.00**, starting September 6. We have lots planned:

- a table at the CB55+ **Open House on September 16**,
- a craft and bake sale at CB55+ on **November 14**,
- and we will be joining the craft fair at the **Ukrainian Cultural Centre on November 25**.

We welcome anyone who wants an outlet for their crafting, knitting, sewing (etc.) talents, or wishes to learn new skills, and of course we're always looking for ideas for craft or needlework projects.

Stretch & Strength - Estelle Paget - estelle.paget@shaw.ca

The New York Times recently reported that if we want to get or stay healthy, this is what we must do: A dynamic warm-up, such as marching in place: Lunges: Squats: Glute bridges: Pointers (superman pose) with elbow to knee: Arms in YTWL formation – in a “V”, “T”, “cactus arms”, arms straight over head, etc. And that is a good thing because ... Current medical research informs us that for exercise to have a positive impact on our brain health, it needs to **continually challenge us** and **offer variety**.

Our **Stretch and Strength** classes with Wanda Hanna achieve both of these objectives and it is never boring!

What? We exercise our bodies and brains, practise balance and learn to use weights safely.

When? Every Thursday morning from 9:00 – 10:00AM in “Stretch and Strength”.

How? Wanda creatively mixes and matches so that no two classes are exactly the same. Sometimes we use bands, balls or even dish cloths that we slide under our feet (you have to try it to believe it). Wanda explains and demonstrates each movement and helps us as needed. There are ‘options’ to make movements easier or more challenging. We finish each class on mats with glorious stretching. All this to the backdrop of upbeat music.

What makes this class so special? Wanda’s leadership and the attitude of participants. Wanda has high expectations and we push ourselves hard. We also laugh and feel ‘safe’ to try new things. We are getting stronger and **see** and **feel** the results! After class we can connect with other participants over coffee or tea.



Walking Group - Judy Jeffrey judith.jeffrey@gmail.com 778-351-3843
or Patsy Dutton pmdutton@telus.net 250-544-8853

Our group meets on **Fridays at 9:30 a.m.** all year. Four walks (60-90 minutes in length) are offered each week, with a maximum of eight people in each group. Members receive a weekly email giving a description of the walks and a link to online sign-up. Each member leads a walk every month or so, and those leading may choose from a list of walks or plan their own.

New members may walk with the group for two months before being asked to lead. We enjoy coffee after the walks - either outdoors or in a coffee shop. If you have questions or would like to join this group, please contact Judy or Patsy (see above).



Worth a Read Book Group - Contact **Sue Jergens** - sjergens@hotmail.com or **Jan Grewar** at jangrewar@gmail.com

We postponed our planned August read, The Lincoln Highway by Amor Towles until September as so many of our book club members were busy in August. We selected The Golden Spruce by John Vaillant for our October read and in November our book choice is A Town Called Solace by Mary Lawson. Our tradition is to have a potluck lunch during the first couple of weeks in December where we choose our books for the first few months of the next year.

We currently have a wait list for the book club but hope to open a couple of spots very soon. Please contact Sue or Jan for more information.

Please drop by to visit our table at the Meet and Greet Open House and Special Interest Group Showcase on September 16th.

Writers' Group - Contact **Derek Swallow** - sfam@telus.net 250-721-0497.

The Blue Heron Writers' Group is a small but enthusiastic group of writers working in various genres: memoir, travel writing, opinion editorials, poetry, short fiction as well as novels in the categories of historical fiction, youth fiction, action drama and literary fiction.

Please also note the change in time for our meetings: 2 - 4 pm the first and third Thursdays of the month in the Studio.



CB55+ Annual Corn Roast and Potluck Lunch

Tuesday, September 5th, 11:30 am - 1:00 pm - \$5.00 per person

Online Registration Now Open



Come and join us for our **“Welcome to September” C55+ Annual Corn Roast Potluck Lunch**, once again to be held in beautiful Centennial Park. A time to visit with friends, old and new, and to enjoy a delicious pot luck lunch along with corn on the cob. After the luncheon we will be holding a fun bocce tournament where your team could be the winner of the coveted President's Cup!

Make sure to sign up early!

Corn Roast and Pot Luck Lunch: Note that while the meal will end at 1:00 pm to comply with Food Safe regulations, please plan to stay on to view and / or participate in the Bocce tournament and add your support to this first-time venture for CB 55+.

CB55+ GROUPS SCHEDULE facilitated by SIG leaders who have volunteered their time.

GROUP/ROOM/LEADERS	DAY /TIME	GROUP/ROOM/LEADERS	DAY/TIME
ART GROUP Big Room Donna Denman 250-721-2870	Monday 1:00 - 3:45 pm	HOTSHOTS Badminton Hall Lorne Brack 250- 479-8689	Resume Sept 18th to November 27th
Gentle Fit - Instructor Wanda Hanna Big Room Gillian Pearson 250-658-1609 bookend@shaw.ca	Monday 4-5:00 pm Thursday 10:15 - 11:15 am	MAH JONG Studio Chris Greenwood 250-478-6866	Friday 1:30 - 4:00 pm
BLUE HERON SINGERS Big Room Margot Gurney 250 294 2990	Thursday 2:30 - 4:00 pm	MEN'S FITNESS Big Room Dave Docherty 250-658-8303	Monday & Wed. 8:45 - 9:45 am Zoom & Centre
BOOK CLUB (Worth a Read) Studio Sue Jergens 250-479-2226 Jan Grewar 250-658-2297	4th Tuesday 2:00 - 4:00 pm	MEN'S GHOTH Off-Site Dave Docherty 250-658-8303 <hr/> ON THE GO AGAIN Big Room Bobbi Johannessen 250-658-8824 Gwen McPherson 250-658-5451 Resume September 15th	Various Day Trips <hr/> Friday 1:30 - 3:30 pm
BRIDGE DROP-IN Studio Penny Murray headwyn_icloud@icloud.com BRIDGE DROP-IN Big Room Sarah Burwell 778-678-0540	Monday 9:00 - 10:30 am Wednesday 1:00 - 4:00 pm	PICKLEBALL Saanch Commonwealth Place McMinn Park Allan Galambos 250-818-3822	Tuesday 1:30 - 3:30 pm Thursday 1:30 - 3:30 pm Weather permitting
BLUE HERON WRITERS Derek Swallow 250-721-0497	1st & 3rd Thursday 2:00 - 4:00 pm	PING PONG Big Room & Courtyard patio Brenda Hurd 250-658-6484 Debra Sigurdson 250-727-7338	Thursday 11:30 - 1:30 pm
CRIBBAGE Lounge Sherrin Horsburgh 250 360 6522 sdhorsburgh@shaw.ca	Wednesday 1:00 - 3:00 pm	POETRY READING Studio. Ron Marken 778-265-9949 STUDIO GROUP Studio. Vivienne Smith 250-382-4618	1st, 3rd, & 4th Thurs. 10:00 - 12:00 pm Wednesday 1:30 - 4:00 pm
DIGITAL PHOTOGRAPHY Off-site Diane Anderson 250-477-8255 Chris Pengilly 250-360-7801	1st & 3rd Friday 10:00 - 11:30 am Zoom & Off-site Resumes October	STRETCH & STRENGTH Big Room instructor Wanda Hanna Estelle Paget estelle.paget@shaw.ca	Thursday Stretch & Strength 9:00 - 10 am
DOMINOES Lounge Rikki Bowman 250-382-6197 Irene Dumka 250-658-9669	3rd Tuesday 1:00 - 3:30 pm	WALKING GROUP Various Trailheads Patsy Dutton 250 544 8853 Judy Jeffrey 778-351-3843	Friday 9:30 - 11:00 am
GOLF GROUP Off-site Ted Dobie 250-477-5066 Marilyn Brack 250-479-8689	Monday & Thursday	WALKING WITH DOGS Various Trailheads Christine Smith 250-727-8544 Holly Holt 250 479 4244	Friday 9:30 - 11:00 am
Cordova Bay Ukuleles Big Room Pat Carfra 250-479-9118 Brenda Hurd 250-658-6484	Wednesday 11:00 - 12:30 pm	WEDNESDAY EVENING GAMES Lounge Brenda Hurd 250-658-6484 Sherrin Horsburgh 250-360-6522	2nd & 4th Wednesdays 7:00 - 9:00 pm
HIKING GROUP - Off-site Stew Arnold 250-721-2870 Craig Hilborne 250-479-0104	Friday 9:30 - 12:30 pm Trailhead	WOMEN'S FITNESS. Christine Smith 250-727-8544	Monday, Tuesday, & Thursday 8:45 - 9:45 Zoom only

Mark your Calendar: September 16th, 2023

CB55+ Meet and Greet Open House - see you there!

CB55+ has many Special Interest Groups (SIG's) and other activities but perhaps not all members are aware of them and what they offer!

On Saturday, September 16, from **10:00am to 2:00pm**, we hope to remedy that by holding a "Meet and Greet Open House" event.

Thirty one SIG's and Activities have committed to being there, and we look forward to a great day of fellowship. The purpose is to allow new and existing members to see what SIG's and Activities there are, by having representatives available to answer questions and to showcase their group. Each participating group will have at least one member available to talk about what they do and to answer questions such as:

- ◆ Time(s) of meetings or outings
- ◆ Current "enrolment"
- ◆ Any costs
- ◆ Any particular plans for the coming year
- ◆ Any need for volunteer help.



SAANICH COURSES @ CB 55+ Visit our website for full details on each course.

- Registration and payment are made through Saanich Recreation.
- Tel 250 475-7600 or online: <https://www.saanich.ca/>

LINE DANCING	Friday, September 8-Oct 27 Friday, Nov 3-Dec 22	10:15-11:30am	8/\$64 8/\$64
Learn some basic dance patterns which will be put together into an actual line dance. No partner required. Beginner level line dances for those who are familiar with the basic line dance steps. Drop-In's Welcome (\$9/session)			
YOGA - HATHA FLOW	Monday, September 11-Oct 30	5:30-7:00pm	7/\$116
By joining movement and alignment with deep breathing, this practice can improve balance, core strength, flexibility, posture and overall strength. Great for stress, pain management and confidence.			
YOGA - GENTLE YOGA	Tuesday, September 12-October 24 Tuesday, October 31-Dec 19	3:00-4:00pm 3:00-4:00pm	7/\$77 8/\$88
A practice for students comfortable with their balance and getting up and down to the floor smoothly. We'll work on a variety of yoga exercises to create a balance between strength and flexibility, building confidence so you can practice at home safely.			
YOGA FOR BALANCE AND FALL PREVENTION	Tuesday, September 12-October 24 Tuesday, October 31-December 19	4:15-5:15pm 4:15-5:15pm	7/\$77 8/\$88
Therapeutic Yoga for increasing strength, balance and stability, to help reduce the risk of falls. We will practice with standing and seated shapes, and explore ways of moving from the floor smoothly. You can expect a fun and mildly challenging class, working with the same shapes from week to week to help build confidence so you can practice at home.			
iPHONE & iPAD	Friday, November 10-17	10:00-11:30am	2/\$59
After mastering the basics of your iPhone or iPad, it's all about the apps! Explore apps that come with your device and how to manage them. Learn about the home screen, widgets, the App library, and updates. Look at free downloadable apps and what to consider when evaluating a new app.			

Courses and Excursions

Contact **Mary Horton** (mary.mike@shaw.ca) or **Sue Melrose** (sbmelrose@icloud.com)

Eurosa Gardens Tour - Wednesday, Oct 4, 10:00 a.m.

Cost \$5 payable on entry. Max. 20 participants. 1304 Greig Avenue, Brentwood Bay

****carpooling to be arranged from CB55+, leaving at 9:30 a.m.**

Registration through office by phone or email.

**** if flowers purchased, entry fee will be applied to cost**

Following the tour, those interested will travel to the **Brentwood Bay Village Emporium** for coffee, treats, and conversation. Please indicate when you register your intention to participate in coffee so the Emporium can be notified of numbers.

Nestled in the valley of Brentwood Bay, **Eurosa Farms** was established in 1979 by Hans and Debbie Bulk. The initial property was purchased in August 1979; the first rose plants were planted in soil the following November just in time to harvest their first crop of roses for Mother's day 1980.

In the following years, in response to improved technologies and growing techniques, Eurosa Farms began the switch to hydroponic growing. Crops expanded to include: alstromeria, lisianthus, stocks, snapdragons and gerberas. The blizzard of '96 resulted in the loss of their growing operations. Over the following year, they had to rebuild nearly their entire rose growing operation. Eurosa have continued to grow and expand and in response to increased demand for their farm fresh roses they converted their gerbera growing operation to include their beautiful garden roses in 2019.

Today Eurosa Farms has a total production area of 17,500 sq meters, or 4.3 acres of greenhouses and over 80,000 rose plants. They enjoy providing their customers with the freshest, island grown, roses 365 days a year. They harvest by hand their beautiful roses six days a week- which is 2.3 million roses a year- in order to provide our customers and beyond with the freshest possible product! Eurosa are currently the only standard cut rose grower in Canada. What started as a small family business with three employees has blossomed into a bustling business with over 30 employees and three generations of family working together. It is their pleasure to be a part of our community's celebrations, traditions and family milestones.



As part of our **Open House event on September 16th**, there will be a demonstration of two of our fitness classes, instructed by Wanda Hanna. These will be abbreviated classes during which you may participate or just watch.

12:30 -1:00 pm Gentle Fitness Demonstration

30 minutes of either observation or participation.

Fitness Instructor, Wanda Hanna, will guide you through a series of seated exercises that involve light muscle tension, neuroplasticity training, functional movement and gentle stretches. This class is suitable for participants who are mobility restricted and prefer to remain seated as well as those who are able to stand up from seated and perform gentle exercises with or without the aid of a chair for balance. Leave feeling calm yet energized.

-15 minute class changeover-

1:15 - 1:45 pm. Strength and Stretch Demonstration

30 minutes of observation or light participation (athletic footwear required).

Fitness Instructor, Wanda Hanna, will take you through a range of fitness levels and exercises to ensure everyone works within their safety zone to feel challenged and successful. Attention is paid to daily functional movement that includes bending, squatting, lifting, twisting, pushing and pulling using a variety of equipment. A relaxing stretch is provided at the end of the class lying down on the mat.

Summer Barbecue.

The men's group (GHOTH) again hosted the annual Summer BBQ which was well-received by our members. Thirty-two volunteers helped cook the burgers, set up the tables and chairs, prepare all the salads and desserts, serve the food, as well as clean up and put everything away at the end. One hundred and sixty members attended, including the volunteers, with lots of compliments and appreciation. Please join me in thanking all the volunteers "hats off to all for a job well done!"

Photo Below left side, Dave Docherty (Right side) briefs his volunteers @ the Summer 2023 BBQ.



BLUE HERON CAFE



Wednesday lunches offered at the incredibly low price of \$10.00, including coffee or tea. Lunch will be served between 11:30 and 12:30.

MENUS

***Lunches are prepared by Chef Monika and her Kitchen Volunteers**

***September 13th.** Salisbury Steak with Mushroom Gravy, Mashed Potatoes, Carrots. Dessert: Berry Crisp with Ice Cream.

***September 20th.** Hot Chicken Sandwiches with Gravy, Cole Slaw. Dessert: Apple Galette and Whipped Cream

***September 27th.** Pork Schnitzel with Mushroom gravy, Mashed Root Vegetables, Red Cabbage. Dessert: Plum Cake.

October 4th. Prepared by Stelly's Culinary Kitchen & Chef Monika and Kitchen Volunteers. Turkey and Gravy Dressing Cranberry Sauce, Mashed Potatoes, Peas, Carrots and Corn. Dessert: Pumpkin Pies and whipped Cream.

***October 11th.** Salmon and Dill Sauce, Rice Pilaff, Green Beans. Dessert: Lemon Mousse.

Purchase tickets through the Office or reserve by phone at 250-658-5558 or by email at cb55@shawbiz.ca. Check website for later dates.

CB55+ Board Of Directors 2023

EXECUTIVE

Jan Grewar	President	250-658-2297
Sue Jergens	V.P/Communications	250-479-2226
Stew Arnold	Past Pres./Comms	250-721-2870
Rand Harrison	Secretary/Comms	250-658-2193
Karen Allan	Treasurer	250-744-3334

DIRECTORS

Allan Dakin	Facilities Liaison	250-744-1357
Andrea Lindsay	Office Liaison	250-477-4577
Chris Pengilly	Programs Liaison	250-360-7801
Von Bishop	Membership Liaison	250-477-6206
Wilf Sigurdson	Intergeneration.Liaison	250-727-7338
Dave Docherty	Governance/Expansion	250-658-8303
Louise Parton	Community Liaison	250-658-8462
Sue Williams	Kitchen Liaison	250-361-6647
Joan Shimizu	Volunteer Liaison.	250-658-1874
Alex Izzett	Special Events Liaison.	250-658-3859

LOVE TO READ?

The CB55+ Library continues to be well used. The committee of three each take a week in turn, putting the books that had been borrowed back on the shelves.



The honour system is working well. Choose a title, (or several) take it home, read at leisure and return

Only books by local authors need to be signed out. They are found at the end of a shelf with a sign-our sheet.

Because shelf space is limited, we ask for donations only about twice a year.

Best wishes from

Thelma Brooks, Joan Shimizu, and Roselyn Jones, the CB55+ Library Committee

BY THE WAY

The next **Blue Heron Newsletter** will be out at
in December 2023.

Check the website
<http://cordovabay55plus.org>

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

12th **Capital Iron** - Ron Green

19th **Armchair travel** - TUKTOYAKTUK
Patsy & Peter Dutton

26th **Humanitarian worker** - YUGOSLAVIA
Roger Fowler

OCTOBER

3rd **Microbiomes** - Janet Ray

10th **BC Museum** - Chris O'Connor

17th **Kayaking Victoria to Port Hardy**
Art Roberts

24th **Armchair Travel:** Rand Harris

31st **UVIC speaker** - TBA

NOVEMBER

7th **Remembrance Day - Commemorating an unlikely hero.** Sandra Arthur - Author

14th **Armchair Travel** - Michael Philips TBA

21st **Parks Canada** - George Mercer

28th Local Poet & Author/Retired University
Professor from the UK - Frank Wilson

DECEMBER

5th & 12th Christmas luncheons
19th Christmas Reception

		CB55 + Weekly Activity Schedule. (Check website for updates - http://cordovabay55plus.org)		*Saanich Programs in Blue	CB 55+/special events in purple	
Sept		Seaside	Courtyard	Studio	Lounge	Off-site
MON	am	Women's Fitness Zoom 8:45-9:45am Men's Fitness 8:45-9:45 am **Bridge class: Sept 11 10:15-11:45**		Drop-in Bridge 9:00 – 10:30 am	Coffee	Hot Shots 10-11am Sept 11 Golf @ Mt. Doug
	pm	Art Group 1:00 – 3:45 pm Gentle Fit 4:00-5:00 pm Hatha Yoga 5:30-7:00 Sept 11-Oct 30				
TUE	am	Women's Fitness Zoom 8:45-9:45 am CORN ROAST/POTLUCK/BOCCE CENTENNIAL PARK Sept 5 11:30am Tuesday Speaker resume Sept 12 Coffee 9:30am				Pickleball 10:30 – 12:30 McMinn Park
	pm	Gentle Yoga Sept 12 3:00-4:00 Yoga Balance & Fall Prevention Sept. 12 4:15-5:15		Dominoes 1:00-3:15pm(3rd) Sept 19 Worth A Read 1:30 -3:30pm (4th) Sept 26		Pickleball 1:30-3:30 Commonwealth Resume Sept. 19
WED	am	Men's Fitness 8:45 – 9:45 am CB Ukuleles 11:00 – 12:30		Wednesday lunches Resumes Sept. 13		Golf @ The Ridge
	pm	Bridge Group 1:00 – 4:00 pm		Studio Group— 1:30-4:00pm Resume Sept 6	Cribbage 1:00–3:00pm Wed GAMES (2/4) 13&27 7:00-9:00pm	
THU	am	Women's Fitness Zoom 8:45-9:45 am Stretch & Strength 9:00 – 10:00 Gentle Fit 10:15-11:15 am		BOARD MEETING Sept 14 9:00-11:00 Poetry Reading – 10:00-12:00 Resume Sept 7/21/28		Golf @ Mt Doug
	pm	Ping Pong 11:30 – 1:30 pm Blue Heron Singers resume Sept 14 2:30 – 4:00 pm		Blue Heron Writers 2:00– 4:00 1st/ 3rd Sept 7 & 21		Pickleball 1:30 – 3:30 McMinn Park
FRI	am	Line Dancing 10:15–11:30 resume Sept 8			Living Solo Drop-In 10:15 – noon Bi-weekly (1st/3rd) 8 & 22	Hiking Group 9:30 am trailhead Walking with Dogs 9:30 am Walking Group 9:30 am Digital Photo 10:00 1/3rd Oct.
	pm	On The Go Again 1:30-3:30 pm resume Sept 15		Mah Jong 1:30-4:00	Mah Jong	Open House Sept 16th 10:00-2:00 pm cb55@shawbiz.ca