



Blue Heron News

Cordova Bay 55 Plus Association

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WHAT'S COMING UP

Tues., Mar. 8 - "Female Transport",
Langham Court, 8:00 pm 2 for1 - \$30

Tues., Mar. 15 - St. Patrick's Day Ceilidh
(Blue Heron Singers)

Wed., Mar. 16 - Tea At The Empress.
Cost approx. \$57

Tues., Mar. 22 - CB55+ Annual General
Meeting and Lunch, 10:00 am

Sat., Mar. 26 - "As You Like It", Silver City
Tillicum, 12:55, carpool 12 pm, \$22

Sun., Apr. 24 - "Mary Poppins",
McPherson Theatre, Matinee 2 pm, \$40

Sun., May 15 - "Spamalot", Victoria
Operatic Society, Matinee 2 pm, \$40

**Don't forget! Our AGM is on
Tuesday, March 22 at 10:00,
followed by a light lunch! If you
would like to help serve, your
help is always appreciated!
Helen Maxwell is the one to talk
to (658-0794). See you there!**



PRESIDENT'S MESSAGE

Christmas seems a long time ago now that the flowers are blooming, but it's nice to recall a few successful events of this festive season: the annual Christmas lunch at the Beach House, singing carols with the Blue Heron Singers, and December Cuisine Traditions. In January, we enjoyed the Robbie Burns lunch, complete with haggis and bagpipes (who can forget the children following the piper around the playground). This tasty lunch was prepared by Helen Maxwell and the Men's Group. Thursday lunches have continued into 2016 with the Stelly's School Culinary Arts Program, and the Chinese lunch, organized by Val Baba and many volunteers, also seems to have become an annual tradition. Kudos to all those who contributed to these yummy, fun events!

We continue to work closely with the School, especially in regard to the Intergenerational (IG) Programs coordinated by Diane Cowden. This really is a unique part of CB55+, and offers all kinds of opportunities for our members to work with the children and teachers. If you are a new member, I strongly encourage you to get involved with the IG programs, as it is very rewarding! We were also pleased to be able to offer \$1400 worth of True-Value gift cards to the Principal to give to needy families in the School, with \$800 of this amount coming from the Studio Group's Fall Craft sale. The response from the families was heart-warming.

As a result of the Fall Strategic Planning meeting, three committees have been established to address our space needs, improve the office computer system, and provide more "Outreach" opportunities for the membership. This last committee is setting up a driver's list to pick up and drop off members who need rides to CB55+ events and activities, and also to provide and deliver meals when necessary. If you know of members who need some help, please let the office know and we will do our best to respond.

Our AGM is set for Tuesday, March 22, at 10:00, and I hope most of you will attend this meeting. A light lunch will follow. I would like to take this time to thank all the Board members who have so diligently worked to keep CB55+ such a vibrant place. It really is a working Board and all of the Board members contribute in many direct and indirect ways. Please note my special thanks in the Volunteer section of this newsletter to some Board members and other volunteers who are stepping down, and we welcome other interested members to come forward.

David Docherty

Email: cb55@shawbiz.ca

THEATRE and MUSIC

Tuesday, March 8 - "Female Transport" - Langham Court Theatre, Historical drama about female convicts sent to Australia. Tickets \$30 - 2 for 1. Show at 8:00 pm, carpool at 7:00 pm.

Saturday, March 26 - "As You Like It" - Silver City Tillicum, Shakespeare Film Festival. Tickets \$22, Show at 12:55, carpool at 12:00 pm.

Sunday, April 24 - "Mary Poppins" - McPherson Theatre - Canadian College of Performing Arts. Tickets \$40 - Matinee 2:00 pm, carpool at 1:00.

Sunday, May 15 - "Spamalot" - A musical from Monty Python's fervent imagination - McPherson Theatre - Victoria Operatic Society. Tickets \$40 - Matinee 2:00 pm, carpool at 1:00 pm.

For your information, there are also ongoing films of visits to European Art Galleries at Silver City, Tillicum. On Thursday, March 10 and Monday, March 28, Renoir is the focus, shows at 7.30 pm.

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

TRAVEL

Wednesday, March 16 - Tea At The Empress - Cost will be approximately \$57, depending on the number of participants. There may also be a tour of the renovations. Sign up sheet in the Lounge.

Friday, April ? (date to be decided) - Bingo and lunch at the Juan de Fuca Senior Centre. We will carpool. Sign up sheet in the Lounge.

May ?? (dates to be decided) - Outdoor markets in Sidney and Oak Bay. Sign up in the Lounge, if interested.

Interest in the Log Cabin Museum and Archives Tour and Tea? If there is interest, a date will be decided. \$7 for tea and sweets. Sign up sheet in the Lounge.

On the last Friday of each month, we'll meet at a Victoria restaurant for dinner. Last month we went to the Olive Grove. Sign up if interested.

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

SPRING COURSES

Saanich Courses will be starting early in March. Some of these courses are in danger of being cancelled, so if you are interested, please contact Saanich to register ASAP. Phone 250-475-7600 or www.saanichrec.ca

Hatha Yoga (#741835) Monday, 5:00-6:00 pm	Chair Yoga (#739196)
Tuesday, 2:00-2:45 pm	
Gentle Yoga (#739200) Tuesday, 3:00-4:00 pm	Yoga level 1 (#739220) Thurs,
7:15-8:15 pm	
Zumba Gold (#739655) Thurs., 11.00-12.00 pm	Line Dance (#739232)
Friday, 10:00-11:15 am	
Gentle Yoga (#739201) Sunday, 2:00-3:00 pm	

There are no CB55+ courses scheduled for the Spring months at this time. If there is enough interest, a brief Ukulele review course could be organized for four weeks in June, with Len Knoke instructing the participants. Sign up in the Office. In the meanwhile, a group of ukulele players are meeting on Wednesdays, from 11:00 to 12:00 in the Seaside Room. If you would like to practice and play some songs together, come and join in!

VOLUNTEERING

A special thanks to Brenda De Roos, who is stepping down from the Board, for all her hard work over many years and in many roles. We wish her and Bob all the very best as they embark on a new phase in their lives. After many years of loyal and valuable service, Diane Cowden is also stepping down from the Board to put her efforts into other priorities. However, she will continue to coordinate the IG programs, and continue to be our "official" photographer, who faithfully records all activities and events that go on at CB55+. Diane also skillfully prepares the weekly slide presentation that runs continuously in the Lounge. They will be missed, as will Pat Bancroft, who has decided to step down as our Courses and Activities Coordinator. Pat will be a great loss to this part of CB55+ Programs, as she has done an outstanding job in putting on courses over the last few years that have provided members with excellent learning opportunities. Although the Centre is increasingly becoming a place for people to come and "hang out", the courses and activities offered in the Centre create much interest in CB55+ and address many of the needs of our members. Pat is willing to help the new Coordinator so if this is something you would be interested in taking on, please let us know. The clock is ticking!

Many thanks to all the volunteers who keep CB55+ active and interesting! We can always use more help, so if you are interested in volunteering in any capacity, please contact Doris at 479-7420 or dbrix@shaw.ca.

DVD LIBRARY

We have moved the DVD's to the middle shelf of the Library to provide easier access. We have also changed the loan-out system to simplify borrowing. You will no longer need to sign a card, but we do request that the DVDs be returned in two weeks from the time of borrowing. Returned DVDs should be dropped in the brown basket. If anyone has requests for specific DVDs, please advise Suzanne Beauchamp at suz46b@yahoo.com.

BLUE HERON CAFE NEWS

Many thanks to the membership for their support of our weekly lunches. We have been on a steep learning curve over the past five months, and are working closely with Stelly's to bring lunches that members would like to be served at the Centre. Your suggestions are greatly appreciated. We are also grateful for the great lunches prepared by our own members. March menus include the following:

- March 3 - Artisan Pizza (Vegetarian, Chicken, or Pepperoni), Green Salad, and Rice Krispie Square (Stelly's)
- March 10 - Roast Beef Dinner & Tour of Stelly's Culinary Program ***** (NO lunch served at the Centre)
- March 17 - The Best of Irish Stew and an exciting Irish Dessert - Happy St. Patrick's Day! (Helen Maxwell and kitchen volunteers).
- March 24 - Spring Equinox Delights - Rosemary Lemon Chicken, New Potatoes, Asparagus, Apple Crisp with Ice cream (a maximum of 60 tickets will be pre-sold in the Office for this spring lunch. Thanks to Jane Bishop and friends for preparing and serving it.)
- March 31- Ukrainian Lunch-Cabbage Rolls in Tomato Sauce, Perogies with Bacon, Poppy Seed Loaf (Stelly's)

***** On Thursday, March 10, we have been invited to Stelly's Secondary School to tour their commercial kitchen and stay for lunch. They can accommodate up to 60 people. Tickets are \$7.00, and available in the Office until March 3. Rides from the Centre can be arranged. The students will be carving the roast beef and are excited to have the opportunity to meet the people they serve weekly. Get your ticket soon! By the way, due to the generosity of members in donating Jamie Oliver stamps, our knife supply is looking very sharp! Thanks everyone! For information about volunteering in the Cafe or menu suggestions, contact Sue Williams (250-361-6647) or Helen Maxwell (250-658-0794)

CB55+ SPRING 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	Classes March 21 and April 18
Blue Heron Singers	Thursday	2:30 - 4:00	Big Room	Pat Robertson 479-4271	
NEW Book Club	4th Tuesday	1:30 - 3:30	Studio	Pat Bancroft 380-2411	Contact Leader to find out which book is discussed
Bridge - Drop-In	Monday NEW Wednesday	9:30- 11:00 1:00 - 4:00	Lounge Big Room	Pat Bancroft 380-2411 Kathie Hazlewood 477-7984 Rosalie Heschuk 658-2101 Orma Paton 658-4805	
Cribbage	Wednesday	1:00 - 3:00	Lounge	Lindie Schwartz 658-1940 Rikki Bowman 382-6197	
Digital Photography	Every 2nd Monday	1:00 - 2:30	Lounge	Diane Anderson 477-8255 Diane Cowden 477-4571	February 29, March 14
Dominoes	3rd Tuesday	1:30 - 3:00	Studio	Rikki Bowman 382-6197	
Family History	1st Tuesday	1:00 - 3:00	Lounge and Studio	Diane Anderson 477-8255	
Hiking Group	Friday	8:50 - 12:00	Lochside Park	Alex Izett alerji@shaw.ca	Year Round
Hotshots	Monday	10:00 - 11:30	Badminton Hall	Michael Phillips 658-2702	April 11 - June 6
Mah Jong	Friday	1:30 - 4:00	Studio	Mary Horton 658-4801 Glenda Kirk 658-1260	
Men's Fitness	Monday & Wed.	8:30 - 9:25	Big Room	David Docherty 658-8303	Year Round
Men's GHOTH	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	
Pickle Ball	Wednesday	3:00 - 5:00	Off-site	Ed Bancroft 380-2411	Saanich Comm. Place
Poker Group	2nd Tuesday	2:00 - 4:00	Studio	Carol Didier 658-8444	
Studio Group	Wednesday	1:00 - 4:00	Studio	Maura Dunn 652-2650	
Sunday Games	3rd Sunday	1:00 - 3:00	Lounge	Brenda Hurd 658-6484	Ends March 20
Walking with Dogs	Friday	9:00-11:30	Various Trailheads	Brenda Hurd 658-6484	Contact Leader

GROUP NEWS

MahJong Group - We play on Friday afternoons from 1:30 - 4:00 pm in the Studio. Welcome to the newbies who recently took the Beginner classes in January and early February. Our numbers are growing! We hope the beginners will keep coming to build on their new knowledge. The veteran players will be welcoming and helpful, and if you want to take your game to the next level, we encourage you to learn the scoring system. A second MahJong set has been purchased, as well as a set of the counting "bones" for use at the Centre. Contact Mary Horton for more info. (658-4801)

GROUP NEWS Cont'd

Blue Heron Singers - Céad Míle Fáilte! We invite you to be part of our Ceilidh on Tues., March 15 at 10:00 am for songs, stories, limericks and other shenanigans! Members are also welcome to join the Blue Heron Singers to sing or listen any Thursday from 2:30 to 4:00 pm. You are welcome to call Choir Leader, Pat Robertson, at 479-4271 for more information.

On the Go Again - The schedule for the next 2 months is the following:

March 4: Blossom Drive ending at the Ogden Point Cafe for coffee/lunch

March 11: Green Day: St. Patrick's limericks, shamrocks, music

March 18: Games Day

April 1: April Fool's Day: Everyone bring a joke

April 8: Bingo

April 15: Hawaii Day

April 22: Earth Day: Paint a pot; plant a seedling(chives?)

April 29: Games Day

HotShots Target Pistol Shooting Group - The next session for members interested in joining Hot Shots will be April 11 - June 6. We will not be meeting on May 23 (Victoria Day). The fee remains at \$15 for the 8-week session (pay in the Office), and an additional \$2/week for pellets, targets etc.

Hiking Group - kicked off the New Year in spirited fashion; after a short walk around the neighbourhood, it was sherry back at the Vickers' (!). And so it has continued each Friday morning, in all kinds of weather, with hikes of varying duration and degrees of difficulty. Our current schedule is booked through April 22 and posted on the website. We're looking for, and hoping that, new leaders with new ideas will step forward for outlying dates. There's also the opportunity for those less familiar with the trails to have Mick Phillips (phillips.m@shaw.ca) accompany you on a separate hike to "learn the ropes" and gain familiarity with a particular route. Contact Alex Izett for more information on the hiking group (alerji@shaw.ca)

Family History Group - continues to meet on the first Tuesday of each month from 1 to 3 pm. We acknowledge our long time researchers Kay Porter, Helen Ayers and Pam Gaudio who are able to provide suggestions to those seeking more details for their family tree. In January, we were privileged to have a presentation by Sydney Baker who spoke about the Barnardo homes in England from his personal experience, and of his involvement with Home Children in Canada. In February, we shared information about the Best Genealogy Software Programs of 2016. In March, we will share information gained from the LDS Family History Conference 2016 held in February. Each month, we try to focus on a topic of interest, as well as keep each other notified of internet links and seminars, local workshops and resources. We are a group of 12 to 14 people and welcome others. Contact Diane Anderson, 250-477-8255 or email anderson.diane@me.com.

Digital Photography Group - meets every two weeks in the Lounge on Mondays, 1:00 - 2:30 pm. In March, we'll be meeting on the 14th, but not the 28th (Easter Monday). April dates will be announced once determined. This small group is interested in learning more about the basics of digital photography. We often view short videos on selected topics and then practice on our own laptops or the Lounge computers. We are working on photo editing (PhotoShop Elements for Macs and PCs, and Photos for Macs) and will progress to photo collages, creating books, calendars and presentations. Contact Diane Cowden (477-4571) or Diane Anderson (477-8255) for more info.

Sunday Games - A small group of members has been meeting on the third Sunday of each month through the winter months, and having a lot of fun playing Scrabble, UpWords, Tile Rummy, Crib, and Dominoes. This group will be meeting for one more Sunday (March 20) before adjourning for the summer. All members are welcome to come to the Centre for one last Games Day, from 1:00 to 3:00, to have some fun socializing over games. Contact Brenda Hurd (658-6484) for information.

INTERGENERATIONAL PROGRAMS

The first Intergenerational Photography project (IG Photo) was completed just prior to the Christmas break and we are now well into our second set of lessons with another group of Grades 4 and 5 students. The first group's photos are on display near the entrance to the new wing of the school and are well worth seeing. A third group will begin in April, and we welcome any CB55+ member to contact Brent Carbery at 250-598-0584 if interested in joining the IG Photo group.

The winter IG activities of knitting, cooking and Lego had another successful four sessions, and the Support a Reader program will wrap up soon. We are looking forward to offering these or similar activities in the late fall. Come and share your time and interests with the school children.



Learning to knit and having fun with Lego



Christmas joy with Pat, her daughter, Blue Heron Singers, and even Miss Fogarty and her cake!



Ukrainian Christmas Traditions



Bringing in the Haggis!



Group Activities - Perfecting a painting and building MahJong skills - learning and having fun together!



CB55+ Board Of Directors 2015/2016

EXECUTIVE

Dave Docherty	President/Governance	250-658-8303
Louise Parton	Vice Pres /Governance	250-658-8462
Rich McMorran	Past Pres/Governance	250-658-5085
Vacant	Secretary/Governance	
Chris Carter	Treasurer/Governance	250-658-3517

DIRECTORS

Doris Brix	Services/Volunteers	250-479-7420
Vacant	Services/Communications	
Andrea Lindsay	Services/Office	250-477-4577
Helen Maxwell	Blue Heron Cafe	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	Blue Heron Cafe	250-361-6647
Donovon Bishop	Director at Large	250 477-6206

MEMBERSHIP

This year our members have been very prompt in paying the 2016 membership dues. More than 420 have already done so! Thank you very much! A special thanks to the Special Interest Group leaders who took the time to remind their singers/hikers/shooters/and others to each get their \$40.00 in to the office if they wish to continue with their group activity. It helps in planning all the programs and schedules to know how many members we actually have in the CB55+ Association.

For those of you who may not know this, if you turned 90 in 2015, your membership is free in 2016 - you are a "Golden" member!

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

BY THE WAY

The Centre will be open during Spring Break (except closed on Good Friday and Easter Monday). The Blue Heron News comes out four times a year. The Summer edition will be out at the end of May. 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

MARCH

- March 1 Armchair Travel – Costa Rica
Diane Anderson
- March 8 Nursing In Western Canada:
Women's Labour (1957 - 1976) -
Dr. Margaret Scaia (UVic)
- March 15 St. Patrick's Day Celebration -
Blue Heron Singers
- March 22 CB55+ Annual General Meeting
- March 29 Saanich Repair Cafe -
Marsha Henderson

APRIL

- April 5 Laughter is Serious Business -
Dr. Clement Penaud
- April 12 A Musical Morning with Songs by
Ginny Langham
- April 19 Armchair Travel - The Baltics -
Pauline Cohen
- April 26 History of Purdy's Chocolates -
Mike Marchand

MAY

- May 3 Titanic - Glenn Cottrell
- May 10 Rhodo Ramble - at the home of
Bobbi and Don Johannessen
- May 17 Healing Farm (Certified Organic) -
Mike and Sharyn Romaine
- May 24 Pending
- May 31 Victoria and the Sinking of the
RMS Lusitania - Diana Pedersen



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

MARCH 2016		Seaside	Courtyard	Studio	Cafe/ Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 9:25 Stretch & Strength 9:30-10:30		Bridge Group 9:30 - 11:00		Hot Shots to March 7 10:30-12:00 Badminton Hall
	pm	Osteofit 1:30 - 2:30 Hatha Yoga - 5:00 - 6:00 pm		Art Group 1:30 - 4:00 Art Class March 21 1:30 - 4:00	Digital Photo Group 1:00 - 2:30	
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30				
	pm	Chair Yoga 2:00 - 2:45 Gentle Yoga 3:00 - 4:00		Family History March 1, 1:00 - 3:00 Poker Group March 8, 2:00 - 4:00 Dominoes March 15, 1:30 - 3:00 Book Club March 22, 1:30-3:30		
Wednesday	am	Men's Fitness 8:30 - 9:25 Osteofit 10:00 - 11:00 Ukelele Practice 11:00-12:00		Board Meeting 9:00 - 11:00 March 2		
	pm	Bridge Group 1:00 - 4:00		Studio Group 1:00 - 4:00	Cribbage 1:00 - 3:00	Pickle Ball 3:00 - 5:00 Saanich Comm. Place
Thursday	am	Stretch & Strength 9:30 - 10:30 Zumba Gold 11:00 - 12:00			Blue Heron Cafe Lunch 11:30 - 1:00	
	pm	Blue Heron Singers Set-up 12:00 - 2:30 Blue Heron Singers 2:30 - 4:00 Hatha Yoga 7:15 - 8:15 pm				
Friday	am	Line Dancing 10:00 - 11:15				Hiking Group - Lochside Park 8:50 - 12:00 Walking with Dogs 9:30-11:30
	pm	On the Go Again 1:30 - 3:30		Mah Jong 1:30 - 4:00		

Sunday pm Gentle Yoga 2:00 - 3:00 in the Big Room
 Sunday Games 1:00 - 3:00 in the Lounge - March 20