



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

Thurs., Mar. 7 - Brain Health Presentation,
1:00 - 2:30 pm, Studio, Free

Tues., Mar. 12 - St. Patrick's Day Ceilidh with
the Blue Heron Singers

Tues., Mar. 26 - CB55+ AGM & Light Lunch

Tues. May 14 - Mother's Day Tea

NOMINATIONS FOR AGM

Don't forget to attend the CB55+ AGM on Tuesday, March 26, 9:30 - 11:30 am. A light lunch will follow the meeting.

There are five vacancies on the Board to be filled at the AGM. We need volunteers to sit on the Board for a minimum term of two years. This is your opportunity to give some of your time back to CB55+ and take an active role in managing the present and shaping its future. Please contact one of the Nominating Committee members before March 12:

Michael (Mick) Phillips (Chair),
phillips.m@shaw.ca or 250-658-2702
Gwen MacPherson,
gwenmacpherson@shaw.ca or 250-658-5451
Mike Mooney, mike.jm@shaw.ca or
250-658-4801

SPRING BREAK

The Centre will be open during the school spring break (March 18 - 29).

PRESIDENT'S MESSAGE

Our annual Robbie Burns lunch was a great success, with a traditional lunch, piper and orator who addressed the haggis with great enthusiasm. A very special thanks to Helen Maxwell, Sue Williams, Bev Skillings, Alex Izett and crew who came together on short notice, when Dave Docherty was unavailable to organize and cater this enjoyable event.

To celebrate Chinese New Year (Year of the Pig) Val Baba and her host of volunteers served a scrumptious Chinese lunch with all the trimmings. Many thanks, Val.

On Feb. 5, the Expansion Committee hosted an info. meeting to update the membership on a proposed expansion of our facility. Later in the month (postponed by the snow), a Special Meeting was held, and the motion "that the Board of Cordova Bay 55+ be authorized to spend up to \$30,000 to retain Bradley Shuya Architecture Inc. to prepare conceptual plans and cost estimates for an expansion of the current 55+ space" was passed. The snow caused the suspension of many activities and programs. Thanks to Mary Horton and Mike Mooney who trekked daily to the Centre to email members about the closure.

Our AGM will be held on Tues., March 26. I encourage everyone to attend and learn all about what we did last year, and to elect new Directors to the Board to lead us into the coming year. If you are interested in standing for one of the Board positions, please contact the Nominating Committee (listed opposite). A light lunch after the meeting will be offered to all attending.

I will be stepping down as President this year and want to say it has been a real honour to lead this amazing Board. I have been inspired by each and every one of them and am very impressed with all we have accomplished. They have each made great contributions to CB55+ in both time and effort. I would also like to thank you, our members, for your encouragement and support. It has been a privilege and honour to serve as your President. I'm looking forward to serving as Past President on the new Board. Finally, thanks to our many volunteers, who are the backbone of CB55+ and are so appreciated.

Louise Parton

THEATRE AND MUSIC

Hazel Bowman is arranging trips to the Phoenix theatre at UVic for a Hospice group. This group goes to Saturday matinees after they meet for lunch at JJ Morgans and then carpool to the theatre. CB55+ members are welcome to join them. Hazel will continue to post information about upcoming plays on the notice board by the kitchen. If you are interested in going to a play or concert, contact Hazel at 250-658-5928 or hibow@shaw.ca and she will help arrange tickets and possible car pools. The CB55+ Office doesn't register members or provide tickets for cultural events in the community.

SPECIAL EVENTS

Heads Up: An Introduction to Brain Health - Presentation by the Alzheimer Resource Centre March 7, 1:00 - 2:30 in the Studio. FREE, donations appreciated. Healthy aging is important for everyone, and it is essential not to forget the health of your brain as well! This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend.

Pearson College Global Affairs Speaker Series & Tour - Thursday, April 11. Max. 25. Cost \$25/person (includes lunch, tours, presentation). Carpooling 10:30 from CB55+. 11:45 am - arrival on campus. Parking is next to the tennis court.

12:00 - 12:45 pm - Lunch in the Dining Hall

1:00 pm - Presentation in Admin. building

1:45 - 2:45 pm - Tour of the campus

2:45 pm (optional) - Global Affairs presentation in Max Bell Hall

The Global Affairs Speaker Series has very interesting and engaging speakers. Members would also get some exposure to Pearson College academics.

Royal BC Museum Archives - Tuesday, May 7, 1:30 - 2:30 pm Max. 20. FREE. Carpool from CB 55+. Overview of the archives, tour of the reference room, behind-the-scenes peak at the museum. Sign-up folder located in the Lounge.

BLUE HERON CAFE NEWS

Lunches are held at the Centre every Wednesday. Upcoming menus are below:

Mar. 6 - West County Pie with Gravy, Veggies, and Swiss Roll

Mar. 13 - Spanakopita with Tzatziki Sauce, Bruschetta, Greek Salad, and Lemon Tart

Mar. 20 - Shepherd's Pie, Green Salad, Cupcakes with Green Icing, Kiwi Fruit, and Green Grapes (hosted by the Art Group)

Mar. 27 - Lunch to be announced (hosted by the Kitchen Volunteers)

Apr. 3 - Cannelloni with Meat OR Tomato Sauce, Garlic Bread, Salad, and Mocha Mousse

Apr. 10 - Baked Chicken & Mushroom Sauce, Mashed Potatoes, Peas & Carrots, Apple Galette

Apr. 17 - Ham with Mustard Sauce, Scalloped Potatoes, Veggies, and Chocolate Roll

Apr. 24 - Chicken Chow Mein and Cherry Tart

Tea and Coffee are included with lunch, for only \$8.00! Come and socialize with other members and enjoy a great lunch at a great price!

INTERGENERATIONAL PROGRAMS

Friday IG Programs - For four weeks late last fall, 15 volunteers spent time with students (grades 2 - 5) from the school. Forty-four students participated in activities which included Lego, board and card games, and cooking. Our young chefs made some Christmas cookies, which they served to the volunteers on the last Friday before Christmas. We look forward to another four-week session after spring break, and would like to welcome new volunteers to our fun-filled Fridays. We're hoping to get a knitting group started, so you knitters – please think about joining us. Any members who wish to participate in Friday IG activities can sign up at the Office, or email Pat Ball (pball@shaw.ca)

Support a Reader - is in the third year of this very successful IG program. At the moment, we have 8 classes involved, with 16 full-time volunteers and 7 spares. We can always use more volunteers, so if you are interested in listening to a child read for half an hour once a week, helping and supporting them as needed, contact Von Bishop at vonandjane@shaw.ca or 250-477-6206.

Pickleball Clinics - Starting in late January, seven members from the Pickleball Group held four Pickleball clinics with approximately 105 Grade 4 and 5 students. The students initially went through a number of basic drills that gave them the skills needed to play full games. We were impressed by the enthusiasm of the kids and how quickly they developed their skills. Members can continue to help the kids hone their skills, by supervising drop-in Pickleball during their lunch hour on Thursdays. Volunteers would operate on a schedule, so that supervision would be shared among many. This is expected to start in early April and would end in mid-June.

Math Club - We are still looking for more volunteers for Math Club, particularly to act as spares. If you are an early riser, please consider volunteering. We meet in the school library from 8:00 am to 8:35 am to play math-oriented games with students. These games are good for the 'senior brain' as well! Contact Sue Jergens at sjergens@hotmail.com or at 250-479-2226 for further information.

REMEMBER WHEN ...

According to our best memory, this photo was taken in May 2005. Several members went on an excursion to the Chinese Cemetery on Harling Point. Val Baba showed those present some of the rituals for food, flower and spirit offerings. We then went to the Jade Fountain for lunch.



Are you interested in helping to study how cognition, balance, and walking can predict fall risk? The University of Victoria Motion and Mobility Rehab. Lab is conducting a study looking at this issue for individuals over the age of 70 in fairly good health. Check the notice board by the kitchen for more information about this study. If you would like to participate in the study, please phone 250-721-8375 ext. 8375, or MMRL@uvic.ca. One of our members, Ed Bancroft, has been involved, so you can also contact him for more information (250-380-2411).

GROUP NEWS (These are just a few of our many CB55+ Groups. For information and scheduling on all the Groups, see the Groups Schedule or check the CB55+ website.)

Walking Group - participation in this year-round group continues to rise and we now have more than 40 members. If you are interested in participating in our 60 - 90 minute walks on relatively flat surfaces with a maximum of 20 consecutive stairs, contact Pat Bancroft (patbancroft@telus.net) or Margaret Bates (margaretbates@shaw.ca). We walk on Friday mornings at 9:30. All members take turns in choosing and leading the walks and reserving coffee locations. Check the website for details about each week's walk.

Pickleball Group - our membership has reached 50 and we continue to play at Commonwealth Recreation Centre on Tuesdays from 1:30 to 3:30 p.m. If you have taken Beginner Pickleball lessons and are a member of Cordova Bay 55+, you are most welcome to join. Contact Pat Bancroft (patbancroft@telus.net) or Ted Dobie (tedandsuedobie@gmail.com).

Hot Shots Group - meets Monday from 10:00 - 11:30 in the basement of the Cordova Bay Community Centre located at 941 Sutcliffe Road (coffee at the Centre afterwards). If you would like to try target shooting with air powered competition target pistols in a safe environment, please sign up at the CB55+ Office. The cost is \$15.00 sign-up fee and an additional \$3.00 per session attended. The next dates are April 1 - June 17. Contact Lorne Brack (lorne.brack@icloud.com, 250-479-8689).

Bridge Group - continues to play and learn on Mondays from 9:00 - 11:00. This group is for anyone who would like to improve their bridge skills. We are fortunate to have a few players who are experienced and patient, so there is lots of discussion on play of the hands. We welcome anyone who would like to get out for a couple of hours of bridge in a casual setting. Contact Karen Bryan at 250-896-1201.

On-The-Go-Again - we are lucky to have a speaker, Jenneke van Hermert, of Therapeutic Meals come to visit OTGA on the first Friday of each month from March - October to present various topics. The first 3 presentations are listed below:

March 1: Fall Prevention: Connecting the dots with nutrition

April 5: Brain Health: Understanding facts and myth, and what can you do?

May 3: The Gut - All kinds of gut issues: keeping your gut (and you!) happier.

Jenneke will provide a healthy snack after each presentation and there is no charge.

Art Group - is expanding with an influx of new members, new inspiration and wonderful new talent. A warm welcome to the artists who have joined us this year! We are all so grateful to be able to come together to laugh, create, and support each other in this lovely space. Look for more information in the coming weeks about our Art show planned for May. Some of our members will be selling their work but we also want to take this opportunity to show you what goes on (aside from gales of laughter) on Monday afternoons in the Studio!

Family History - is our legacy. We learn ways to research through software programs, visits to web sites, and in person to archives (local or elsewhere). We find ways to preserve what we discover or what we know. Is DNA the way to go? How do you know the information you have gathered is accurate? Members share stories and knowledge to knock down 'brick walls' in their research. We have a new group leader, Kelly Urarii (urarii@shaw.ca). We have a new meeting time—the **second Tuesday** of each month, 1:00 to 3:00 pm.

Book Club - Books for review in March, April and May include Monkey Beach by Eden Robinson, A Gentleman in Moscow by Amor Towles and The Improbability of Love by Hannah Rothschild. New members are welcome!

GHOTH - will visit the High Performance Centre at the Canadian Institute of Sport (located on Interurban Camosun Campus) on March 28. The tour will include a visit to the Environmental Chamber where they are helping athletes adapt to the conditions they will encounter in the next Olympics in Tokyo as well as a visit to the labs and observation of testing protocols used in the design of training programs for the athletes. We will leave the Centre at 10:00 and carpool or meet at CSI at 10:20. Sign up in the folder in the Lounge. Lunch will follow. If you signed up but find you can't go, contact Dave Docherty at least two days before the scheduled visit (angdave@telus.net).

GROUP NEWS CONTINUED

Men's Fitness - In the absence of Dave Docherty, this group has been continuing under the leadership of Jochen Bocksnick. Dave and the Men's Fitness Group would like to extend a huge thanks to Jochen for his expertise and commitment to keeping the men of CB55+ active and healthy. For those interested in checking out the Mens' Fitness classes, they are offered on Monday and Wednesday mornings from 8:30 - 9:30 am. Coffee and camaraderie follow along with a few replenished carbs!

Happy Strummers - now have 15 or more members who enjoy singing and playing their ukuleles every Wednesday from 11:15 to 12:30 in the Big Room. If you have a bit of experience with playing and own your own instrument, come and join us! Our group will be playing at the Ukulele Festival in Esquimalt again in May, which is a lot of fun! Contact Carolyn Acs at 388-0354 for more info.

Poetry Group - meets noisily every Thursday morning (except the 2nd Thursday of the month). Many people have asked, "What do you do in your group?" We don't write poems, we read poems. We don't tear them to pieces, we talk about them. That's it. Our guiding light for years has been one poem by Billy Collins, a retired English teacher. Read the poem and you'll have a good idea about what we do — and, more important, whether you would like to join us. Please do.

Introduction to Poetry - Billy Collins

I ask them to take a poem
and hold it up to the light
like a colour slide
or press an ear against its hive.
I say drop a mouse into a poem
and watch him probe his way out,
or walk inside the poem's room
and feel the walls for a light switch.

I want them to waterski
across the surface of a poem
waving at the author's name on the shore.
But all they want to do
is tie the poem to a chair with rope
and torture a confession out of it.
They begin beating it with a hose
to find out what it really means.

MahJong - lessons unfortunately could not begin until April, and because there was keen interest, members were invited to watch, ask questions, and learn. Within one session, all newcomers were playing and winning! We are so pleased to welcome 12 "newbies", who double our membership, ask excellent questions, "push the envelope", and keep all of us "on our toes". In view of our increased membership, we are in need of more game sets of tiles and/or racks. If anyone has a mahjong set they have no further use for, we would be most grateful if you were to donate it to the CB55+. (Ph: 658-5558). If you are interested in learning to play the CB55+ simplified version of Mahjong, join us. We meet on Fridays from 12:45 to 3:45.

Blue Heron Singers - Céad Míle Fáilte! We invite you to be part of our Ceilidh at the Tuesday Drop-In on March 12 for songs, stories, limericks and other shenanigans! You are also welcome to join us most Thursday afternoons from 2:30 to 4:00 pm, to sing or to listen. Call Pat Robertson, at 479-4271 for info.

Ping Pong - This new group is enthusiastic about hitting a little white ball back and forth every Thursday afternoon from 12:15 to 1:30 pm in the Big Room. Everyone is welcome to join us. No skill required, just come for fun and exercise! Contact Brenda Hurd at brendarhurd@gmail.com for more information and to get on the group email list.

VOLUNTEERS

I need to say a very sincere THANK YOU to all the volunteers that are dedicated to keeping CB55+ humming. Every minute that you spend making our Association a happy place is appreciated. Currently, we have more volunteers than available jobs - amazing! Hopefully, this will mean that some of the long-standing members can take a break if there are others waiting to fill their place. Don't worry if there isn't a job for you at the moment. It means a lot that you are there. We will need you soon!

Doris Brix, Volunteer Coordinator

CB55+ SPRING COURSES - Registration and payment for CB55+ Courses is made at the CB55+ Office during office hours.

Women's Fitness - Mondays & Thursdays, 9:30-10:30 10/\$50 Instructor: Viera Banco, Big Room

Osteofit - Wednesdays, 10:00 - 11:00 am 10/\$60 Instructor: Kay Inamura Big Room

Tai Chi - Mondays, This course ends March 25, 1:00 - 2:00 Instructor: Keith Laverty Big Room

Tai Chi - Monday, Feb. 25 - May 6 (no class Apr. 22), 2:15 - 3:15 10/\$60 Instructor: Keith Laverty
Min: 10 Max: 12 Big Room

This class is already full, but there is a wait-list. Students will learn the fundamentals of Tai Chi, with focus on balance, posture, breathing, and movement based on the principles of Yin and Yang. Students will be learning the movements of the classical Chen Tai Chi form, as well as a few simple Qi Gong exercises.

Memoir Writing - There is a sign-up sheet in the Lounge for anyone interested in attending a 6-week course in writing about life's memorable moments. Get tips for writing expressively and descriptively, and read excerpts from published memoirs for inspiration. The instructor is Starla Anderson, a retired English teacher. Classes will be held on Thursdays from 1:00 - 3:00 pm in the Studio. Minimum: 10 participants. The fee for 6 sessions is \$60.00.

Advanced Care Planning - 28 members participated in the 2-session workshops held last fall and winter. There will be further sessions offered in the fall of 2019. The cost is only \$5.00.

Advance Care Planning is a process of reflection and communication, a time to reflect on your values and wishes and to let people know what kind of health and personal care you would want in the future if you are unable to speak for yourself.

SAANICH COURSES - Registration and payment for all Saanich Courses is made through Saanich Recreation, ph: (250)475 7600 or online: www.saanich.ca

Gentle Yoga

17936 Tuesday, Mar. 5 - Apr. 23, 3:00 - 4:00 pm 8/\$68 Instructor: Tessa Rae Hamelin, Big Room

17937 Tuesday, Apr. 30 - June 18, 3:00 - 4:00 pm 8/\$68 Instructor: Tessa Rae Hamelin, Big Room

Hatha Yoga

17939 Monday, Apr. 1 - June 17, 5:00 - 6:00 pm 12/\$84 Instructor: Christina Corazza, Big Room

Line Dancing

17919 Friday, Apr. 5 - June 28, 10:00 - 11:15 am 12/\$84 Instructor: Vicky McCulloch, Big Room

Descriptions of all the courses at CB55+ are on our website: <http://cordovabay55plus.org>



OUTREACH MEAL PROGRAM

This program is designed to assist any member who is under the weather or who needs temporary help with meals. Meals can be picked up at the Centre or delivered. We can also give a list of companies that provide meals for a longer term. Call the office at 250-658-5558 if you know of a member who could use this assistance, which is designed to complement, not replace, other CB55+ meal programs.

CB55+ Board Of Directors 2017

EXECUTIVE

Louise Parton	President/Governance	658-8462
Sue Melrose	Vice Pres /Governance	727-7276
David Docherty	Past President	658-8303
Stew Arnold	Secretary/Governance	721-2870
Chris Carter	Treasurer/Governance	658-3517

DIRECTORS

Doris Brix	Services/Volunteers	479-7420
Andrea Lindsay	Services/Office	477-4577
Helen Maxwell	Services/Kitchen	658-0794
Rikki Bowman	Programs/SIG	382-6197
Mike Mooney	Services/Facility	658-4801
Sue Williams	Director at Large	361-6647
Von Bishop	Services/IT Coord.	477-6206
Sue Jergens	Director at Large	479-2226
Patricia Houston	Programs/Intergeneration.	381-0656
Val Baba	Director at Large	658-8483

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 office for speaker confirmation)

MARCH

- Mar. 5 Thrifty Foods Sendial Program -
Doug Greenberg
- 12 St. Patrick's Day Ceilidh -
Blue Heron Singers
- 19 Armchair Travel - Viet Nam & Cambodia
- Ange and Dave Docherty
- 26 CB55+ AGM & Light Lunch

APRIL

- Apr. 2 Saving Victoria's Heritage Buildings -
Pamela Madoff
- 9 "Book Smacked" - GVPL - Vikki Neilson
- 16 Songhees Wellness Centre - Pending
- 23 Saanich Community Police -
Andrea Toombs

MAY

- May 7 Restorative Justice - Gillian Lindquist
- 14 Mother's Day Tea - Honouring CB55+
Members over the age of 90
- 21 Armchair Travel - Southwest England -
Ron Childs
- 28 Dr. David Bird - Professor of Ornithology



The intrepid Walking Group met Dave Docherty out in the snow at Elk Lake!

MEMBERSHIP

The annual dues for membership in Cordova Bay 55+ are \$40. The grace period for membership renewal ended on February 28, 2019. No one may participate in any CB55+ activity without a paid-up membership. You must also be a member to vote at our AGM.

Anyone unable to renew in person may send a cheque to: CB55+ Association
#1-5238 Cordova Bay Rd.
Victoria, B.C. V8Y 2L2



BY THE WAY

The next BHN will be out at the beginning of June. In the meantime, check our website for up-to-date info:
<http://cordovabay55plus.org>

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

MARCH		Seaside	Courtyard	Studio	Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 9:25 am Women's Fitness 9:30 - 10:30 am		Drop-in Bridge 9:00 - 11:00 am		Hot Shots 10:00 - 11:30 am Badminton Hall
	pm	Hatha Yoga 5:00 - 6:00 pm Apr. 1 - June 17		Art Group 1:30 - 4:00 pm		
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30 am				
	pm	Gentle Yoga 3:00 - 4:00 pm Mar. 5 - Apr. 23		Family History, 1:00 - 3:00 pm (2nd Tues.) Dominoes, 1:00 - 3:30 pm (3rd Tues.) Book Club, 1:30-3:30 (4th Tues.)		Pickleball 1:30 - 3:30 pm Saanich Rec. Centre
Wednesday	am	Men's Fitness 8:30 - 9:30 am Osteofit 10:00 - 11:00 am Happy Strummers 11:15 - 12:30 pm			Blue Heron Cafe 11:30 - 12:30 pm	
	pm	Bridge Group 1:00 - 4:00pm		Studio Group 1:30 - 4:00 pm	Cribbage 1:00-3:00 pm WEG 7:00 - 9:00 pm (2nd & 4th Wed.)	
Thursday	am	Women's Fitness 9:30 - 10:30 am		Board Mtg. 9:00 - 11:00 (2nd Thurs.) Poetry Group 10:00 - 12:00 pm (1st , 3rd, and 4th Thurs.)		
	pm	Ping Pong 12:15 - 1:30 pm Blue Heron Singers 2:30 - 4:00 pm				
Friday	am	Line Dancing 10:15 - 11:30 am Apr. 5 - June 28		Digital Photo 10:00 - 11:30 am (1st and 3rd Fri.)		Hiking Group - Fowler Park 8:50 Walking Grp 9:30 Walking with Dogs, 9:15 am
	pm	On the Go Again 1:30 - 3:30 pm		Mah Jong 1:00 - 4:00 pm		