



Blue Heron News

Cordova Bay 55 Plus Association

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PRESIDENT'S MESSAGE

Spring is a time of renewal and looking forward to longer days and warmer weather. This year we're also looking forward to getting vaccinated to allow us to get back together with family and friends in the not-too-distant future.

As the Board is preparing for our AGM, I am reflecting back over the Association's activities this past year. Although we had to shut down the Centre last March and only opened briefly in the fall, a number of our groups managed to carry on within Dr. Bonnie Henry's orders and guidelines. Some groups were initially able to meet in small groups outside, such as Golf, Pickle Ball, Walking, Hiking, Ping Pong, and Happy Strummers. Other groups chose to meet via Zoom; i.e., Men's and Women's Fitness, Book Club, Art, Digital Photography and the new Story Circle. The On-The-Go-Again group have kept in touch by telephone. Tuesday Morning Drop-In, hosted by Barb Waldner, with Dave Docherty's and John Arduini's assistance, and piano accompaniment of Thelma Brooks, has produced Christmas and Valentine's Zoom presentations to keep us entertained and connected. Watch for information about the upcoming St. Patrick's Day Zoom gathering on a Tuesday.

The Board has continued to meet monthly via Zoom. We ended 2020 in a healthy financial position and our membership renewals for 2021 have been steady. If you haven't already done so, you can renew your CB55+ membership at the discounted rate of \$30 until the end of March. Our AGM will be held on March 23, and you must be a member to attend and vote, via Zoom or by proxy. Look for the AGM Notice and annual reports to be delivered in early March.

I want to thank you, the members, for your continued support of CB55+, as well as my fellow Board members for your dedication in keeping us going behind the scenes. And, as always, thanks to the volunteers (Cont'd on pg. 2)

WHAT'S COMING UP

The Centre is currently closed to CB55+ members, although we are hopeful we will be open again sometime soon in 2021! Please check our website for up-to-date information and, to repeat and encourage you to follow Dr. Bonnie Henry's wise words and directions: Be kind, be calm, and be safe!



Lucky birds don't have to keep physical distance!

(Photo courtesy of Arlene Antonik)

PRESIDENT'S MESSAGE CONTINUED

who keep us organized and informed: Andrea Lindsay (Office Coordinator); Velma Minckler (Membership Director); Chris Carter (Finance Manager); Brenda Hurd and Judy Burgoyne (Blue Heron News Editors); David Squance (Website Coordinator); and Sue Jergens (Update Letters Coordinator). For more information on other talented CB55+ volunteers, check out the tribute on **Our Amazing Volunteers** on page 8. Stew Arnold

SPECIAL EVENTS

Are you looking for unique suggestions for education, socializing, and/or activities during this period of social isolation? Other than the special Tuesday Drop-in Zoom presentations (check out the upcoming schedule on pg. 11), special events at CB55+ are not available at this time. However, there are online community and other opportunities to engage with others and stimulate your brain. Some members might be interested in a website called trickstercards.com that lets you play a variety of different card games. You can download a free app and choose to play Spades, Euchre, Pitch, Hearts, Whist, 500, Pinochle, Oh Hell, or Bridge. You can play these games on-line with friends, using audio and video (much like Zoom), and/or also play with robots or others who are wanting to play a game to pass the time.

Another idea for members during Covid restrictions is the array of (free) virtual tours available online at: virtualtrips.io. Armchair travel can be a very enjoyable and safe way to travel these days.

Finally, for those with an interest in science and socio-economic issues, the UVIC Retirees Association has organized three presentations in March, titled **POLAR OPPOSITES: Why are our polar regions so different?** These sessions will be held online on **March 6, 13, and 20** via Zoom. This series explores why and how Earth's polar regions are so different from one another. Despite the differences, both regions play an integral part in the way they influence global climate. More information can be obtained at UVRAElderAcademyevents@uvic.ca.

NEW Story Circle - A Stroll

down Memory Lane was recently initiated by Patricia Houston and Pat Carfra. The first Zoom meeting got off to a rousing start on Thursday, February 18, with 14 interested participants! Everyone enjoyed meeting each other and we look forward to sharing our stories online. This program will continue bi-weekly every other Thursday afternoon until who knows when? It feels like a perfect thing to do while we are in lockdown. We are not able to increase our membership at this time as there is only so much time in each session that we can allot to each story. Thanks to all the brave souls who stepped forward into the unknown.



INTERGENERATIONAL PROGRAMS

Our popular IG programs remain inaccessible as long as the Centre is closed and Covid restrictions are in effect. We continue to hope that, once the vaccination program is widely underway and successful, our members and the Cordova Bay students will again participate in the many beneficial intergenerational programs they have enjoyed in previous school years.



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.)

Women's Fitness - has between 14 to 18 members participating and enjoying the exercise sessions via Zoom. We have all found that during COVID, our fitness classes have given structure to the week, which is so nice, especially for those who live alone, to "see" a cheery face on the screen. Members often have a little chat before and after class. We welcome any CB55+ member who is interested to join the group. You can come as little or as often as you like as you only pay for the classes that you attend. We use Thera Bands, weights and a ball in the class. There are three classes a week: Monday, 9:45 - 10:45 am, Tuesday, 8:45 - 9:45 am, and Thursday, 9:30 - 10:30am. The cost is \$40.00 for ten classes or \$80.00 for twenty. You can pay by PayPal or mail a cheque to CB55+. Viera is our lovely instructor. For more information, contact Sheelagh Carter at 658-3517 or sheelaghcarter@gmail.com. A regular participant shared this praise for the group: "**Sheelagh Carter nurtures our growing Zoom skills (with help from husband, Chris), and reminds us when fees are due. We are so grateful. Many of us are now saying we want the class to continue on Zoom forever, for we can stay in our homes and save travel time (no carbon emissions, either). If we sign in early, we have the chance to have friendly, short visits and see our fellow members' smiling faces. I am very happy that I can so easily exercise three times a week with our wonderful trainer, Viera, who is skilled, experienced and enthusiastic.**"

Men's Fitness - has continued to meet via Zoom every Monday and Wednesday, 9:00 - 10:00 am, with usually 33+ in attendance, plus a few of their spouses. The attendance probably reflects the fact that there's not too much else going on at the moment and some of the men have actually said they even look forward to the classes. Dave tries to offer some variety in every class to keep the guys interested and motivated to attend. Some members get together for a Zoom Coffee meeting right after class from 10:10 until 10:50 am. If COVID restrictions are relaxed this spring, we may be able to meet with a small group in the Centre, and would continue to Zoom the sessions from there. If anyone wishes to join, they should contact Dave Docherty for more info. (angdave@telus.net). Dave can also send the information to new members. Stay safe, stay active and, of course, be kind!

On-the-Go-Again - Our OTGA friends have been keeping in touch through group emails. These interesting updates keep everyone connected, whether it is news of the first snowdrop poking its little head above ground, or a new grandchild or great-grandchild poking its little head into this upside-down world of Covid. Some of our members don't have a computer, so we try to phone to chat and to check that they are not in need of anything. A few of our friends who don't drive haven't been out of their homes since March 6 of 2020. At Christmas, the On-the-Go helpers put together a Christmas "stocking" for each of our members, and delivered them to their homes. These were filled with 18 different items, such as tea bags, chocolates, home-made jam, shortbread, stollen, fudge, poppycock, a mince tart, a hand-crocheted bookmark, a calendar, and even an orange in the bottom of the bag. The response was heart-warming. By the time you are reading this, we will have delivered a Valentine primula to each of our members to remind them that they are not forgotten and that they are much loved. We look forward to getting together again on Friday afternoons sometime soon. Can't wait!

Ping Pong - Unfortunately, this group has not been able to play this fun game in a long time! When the weather gets better and the Covid rules relax, we hope to play again outside in the Courtyard, hopefully this Spring! Stay tuned and keep your muscles limbre and your spirits high! Contact Brenda Hurd at brendarhurd@gmail.com for more information.

GROUP NEWS CONTINUED

Pickle Ball - continues to be hopeful with very little ability to play organized sport at this time. We thought we had an idea, that other communities in the province use, where two people would play while a third sits out. We would use half the court and call it "Skinny Pickle ball". However, Saanich Recreation nixed this idea. All we can do is play "Couples Doubles Pickle ball", where one couple plays another couple. A few of us are doing this on Tuesdays at 10:30 am and Thursdays at 1:30 pm, weather permitting. Any couple that wishes to join us are welcome. There are a pile of rule changes for pickle ball during Covid. We anxiously await for permission to play as usual again.

Digital Photography - is enthusiastically carrying on with one Photo Shoot and one Zoom meeting per month. In this new year, we have had photo shoots at Market Square and Ross Bay Cemetery and have become quite accomplished using Zoom to show each other our photos on specific themes. Zoom allows members to view the photos on their home screens, which has proven to be better than viewing in the Studio. In-person socializing with masks has been possible using the outdoor locations. Below are a few examples of recent photos. Contact Diane Anderson for more information about our group at anderson.diane@me.com.



Long Shadow

Rikki Bowman



Snow Land

Margaret Bell



**Hummingbird
Perch**

Susan Klokeid

GROUP NEWS CONTINUED



Flower's Attraction

Jacqueline Monufet



Olde Town Victoria

Hilary Goeller

Pine Cone

Chris Greenwood



Worth a Read Book Group - is continuing to meet on a monthly basis via Zoom. As always, we've been reading some excellent books and usually have a rousing discussion. In January, we read ***Gumboot Girls: Adventure, Love & Survival on British Columbia's North Coast***, edited by Lou Allison with Jane Wilde. This is a collection of true stories about young women who move from a comfortable city life to the rugged north coast. The memoirs follow a back-to-nature theme, set in the 1970s, with many of the women taking on the mores of the hippie generation. February's book, ***Anna, Like Thunder*** by Peggy Herring, is based on the factual shipwreck of a Russian fur-trading ship off the coast of the Olympic Peninsula, Washington and brings in an authentic telling of the indigenous people at the time. Our next book is a novel, ***Full Disclosure*** by Canada's former Chief Justice, Beverly McLaughlin. We continue to welcome new members. Follow along on the CB55+ website or join us on the last Tuesday afternoon each month. For more information, contact Sue Jergens at sjergens@hotmail.com or Jan Grewar at jangrewar@gmail.com.

Golf Group - plans to start playing again in May, on Mondays and Thursdays each week, at The Ridge, Mount Doug and Cedar Hill golf courses, following the COVID 19 Protocols that were established last year. Three Nine and Dine events are also planned through the summer. Members can choose which golf courses and dates they wish to play each week. Since we are not in a position to provide training to prospective golfers, members are expected to have some experience playing golf and to know proper golf etiquette. For more information, please contact Ted Dobie, at tedandsue.dobie@gmail.com (ph: 250-477-5066), or Marilyn Brack, at brackmg@gmail.com (ph: 250-479-8689).

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 Ongoing by Zoom	HOTSHOTS Badminton Hall Lorne Brack 479-8689	Monday 10:00 - 11:00 am Currently on hold
BLUE HERON SINGERS Big Room Pat Robertson 479-4271	Thursday 2:30 - 4:00 pm Currently on hold	MAH JONG Studio Glenda Kirk 658-1260 Chris Greenwood 478-6866	Friday 1:00 - 4:00 pm Currently on hold
BOOK CLUB Studio Sue Jergens 479-2226 Jan Grewar 658-2297	4th Tuesday 1:30 - 3:30 pm Ongoing by Zoom	MEN'S FITNESS Big Room Dave Docherty 658-8303	Monday & Wednesday 9:00 - 10:00 am Ongoing by Zoom
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 Currently on hold	ON THE GO AGAIN Big Room Bobbi Johannessen 658-8824 Gwen McPherson 658-5451	Friday 1:30 - 3:30 pm Currently on hold
CRIBBAGE Lounge Lindie Schwartz 658-1940 Linda McGillivray 778-430-0444	Wednesday 1:00 - 3:00 pm Currently on hold	PICKLEBALL Saanich Commonwealth Place McMinn Park John Arduini 477-6692 Allan Galambos 818-3822	Tuesday 10:30 - 12:30 pm Thursday 1:30 - 3:30 pm (Couples only!)
DIGITAL PHOTOGRAPHY Studio Diane Anderson 477-8255 Diane Cowden 477-4571	1st & 3rd Friday 10:00 - 11:30 am Ongoing by Zoom	PING PONG Big Room Brenda Hurd 658-6484 Debra Sigurdson 727-7338	Thursday 12:00 - 1:30 pm Big Room Currently on hold
DOMINOES Studio Rikki Bowman 382-6197 Judy Burgoyne 382-5697	3rd Tuesday 1:00 - 3:30 pm Currently on hold	POETRY READING Studio Ron Marken 778-265-9949	Thursday 10:00 - 12:00 pm Currently on hold
FALL PREVENTION Big Room Gillian Pearson 658-1609	Wednesday 10:30 - 11:30 am Currently on hold	STUDIO GROUP Studio Vivienne Smith 382-4618	Wednesday 1:30 - 4:00 pm Currently on hold
FAMILY HISTORY Lounge & Studio Kelly Urarii 727-2207	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 Currently on hold
GOLF GROUP Off-site Ted Dobie 477-5066 Marilyn Brack 479-8689	Various Days Will resume in May 2021	WALKING WITH DOGS Various Trailheads Christine Smith 727-8544 Fran Charles-rens 888-0946	Friday 9:15 - 11:30 am Ongoing
HAPPY STRUMMERS Big Room Pat Carfra 479-9118 Brenda Hurd 658-6484	Wednesday 1:30 - 3:00 pm Currently on hold	WEDNESDAY EVENING GAMES Lounge Brenda Hurd 658-6484 Hazel Bowman 658-5928	Second & Fourth Wednesdays 7:00 - 9:00 pm Currently on hold
HIKING GROUP Fowler Park Stew Arnold 721-2870 Craig Hilborne 479-0104	Friday 8:50 - 12:00 pm Currently on hold	WOMEN'S FITNESS Sheelagh Carter 658-3517	Monday & Thursday 9:30 - 10:30 am; Tuesday 8:45 - 9:45 Ongoing by Zoom



Diane Cowden's son took this photo at Butchart Gardens in 2019 with an iPhone 12 Pro!

REMEMBER WHEN . . .

On February 12, we started the Year of the Ox. In the past, at CB55+, we celebrated Chinese New Year with a wonderful lunch organized by our very own Val Baba! Val ordered enough food from Halibut House to serve 100 lunches. Her husband, Wolfgang, picked up the food from the restaurant, (later, Vivian Smith did this job), our volunteers plated individual lunches, while others delivered them to the tables. What a treat for all of us to enjoy the tasty food while socializing in the Big Room. It was a lot of work making and selling tickets (sold out in no time!), ordering the food, setting up, serving, making tea and, of course, the cleaning up. How fortunate we were to be ABLE to do this. What is that saying? "You don't know what you've got until it's gone." Truth is, you knew what you had, you just never thought you'd lose it. Let's hope we will be able to gather together again soon to share chatter and fun. And a big THANK YOU to Val for helping us to celebrate Chinese New Year over the years!!



OUR AMAZING VOLUNTEERS - Talented Actors, Musicians, & Technicians!

It is an important tradition at CB55+ to celebrate special occasions like Valentine's Day with a lively event filled with laughter, skits, stories and song. While right now we are not able to share events like this in person, we are so grateful to those talented CB55+ members who have met the challenges of Zoom to entertain us remotely. It gives us the chance to see familiar faces, to enjoy good music, to sing along to familiar tunes, to have many a laugh and, most importantly, to feel connected to our CB55+ flock. What a wonderful way to lift our spirits!

The amazing team of Barb Waldner, Dave Docherty and John Arduini spent countless hours putting the Valentine's Day program together, working out the technical details, conducting rehearsals with the participants, and managing the entire event, all within the constraints of safe distancing. We appreciate their perseverance and the use of their problem-solving skills to resolve technical problems with Zoom along the way. Barb and Val Baba made the setting look beautiful – where did they find all those hearts? We are so grateful for all of these talented volunteers who made the event so special. Many thanks to:

Barb Waldner, who was once again the dazzling host of this celebration and performed several funny skits with her handsome co-star, Dave Docherty.

On the piano, Thelma Brooks played two wonderful sets of 'Valentine-appropriate' songs for us to sing along to. The technical crew shared the Zoom screen so that we could see both Thelma playing and the words to the songs. The familiar melodies included *Young at Heart*, *In My Merry Oldsmobile*, *Daisy, A-You're Adorable*, *Let Me Call You Sweetheart*, *When I'm 64*, and *I Can't Give You Anything but Love, Baby*. The last song of the second set was a favourite for those of us in CB55+'s Blue Heron Choir - *Oh, We'll Sing Together*.

Next up was Phyllis Senese, who related a wonderful story about travelling with her husband Don to Russia a number of years ago. Phyllis relished her role as a 'spy' to quietly observe and report on everything she saw. We were envious of such an exciting adventure, except maybe for the part about the wild taxi ride with a trunk of full cans of gas! Thanks Phyllis – we would love to hear more...

Pearl Newfeld played the ukulele with her friend, Benjamin Barnhart, playing the dobro, entertaining us with a lovely song called *Walk the Way the Wind Blows*. We also enjoyed the familiar *Eight Days a Week* and *The Rose*, a wonderful song for Valentine's Day!

Pat Carfra sang acapella, a beautiful rendition of *The Ballad of Weaverville*, made famous by Kate Wolf.

Murray Luft then played his guitar and sang a medley of three songs, *If I Were Free* by Jesse Winchester, *Suzanne* by Leonard Cohen, and *Some Day Soon* by Ian Tyson. We are proud that all three of these composers are Canadian!

Ray Painchaud entertained us with three delightful songs, *Quand le Soleil*, *Butterfly* and *Five Foot Two*, by singing and playing his guitar along with his harmonica. Wonderful!

It was a treat to listen to Brenda Paterson play three songs on her accordion, *Could I Have this Dance*, *Always* and *Dear Heart* - three more special songs for Valentine's Day. We don't often get to hear anyone playing the accordion, Brenda, so thank you for stepping up!

We sincerely thank each and every one of you for making this Valentine's Day Celebration special!

Talented CB55+ members
entertaining us on
Valentine's Day!

When the night has been so lonely; and the
road has been too long
And you think that love is only; for the lucky
and the strong
Just remember in the winter;
far beneath the bitter snows
Lies the seed that with the sun's love;
in the spring becomes the rose



Masked romance?

These photos were taken from
the computer screen! Wish we
could have captured all the
performers!



All CB55+ and Saanich courses are on hold for the foreseeable future!



TRUSTED TRADES

The Trusted Trades list is a great way to find someone to help with all the chores we deal with around the house, from the garden to the roof to repairing that loved piece of jewellery. Every tradesperson has been recommended by a member of CB55+. If you'd like to receive the most recent list, please contact Elizabeth Carson (elizacarson@hotmail.com) or the CB55+ office. If you have used the services of someone on the Trusted Trades list, we'd love to receive your feedback.



BLUE HERON CAFE NEWS

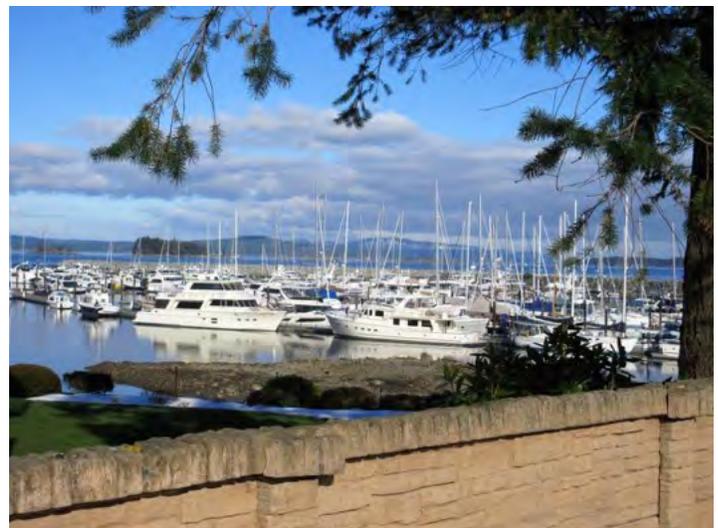
No Wednesday lunches available yet! We'll appreciate them when they come back, won't we? Stay hopeful for the future!

All these lovely photos were taken by Arlene Antonik. Thanks so much for reminding us of nature's beauty in our own back yards!



OUTREACH MEAL PROGRAM

This program, designed to assist any member who is under the weather or who needs temporary help with meals, is on hold at the moment, as the freezer had to be cleaned out last Fall. If you know of someone in need, you may call the CB55+ Office at (250)658-5558, and efforts will be made to provide assistance. The Outreach complements (not replaces) other CB55+ meal programs.



CB55+ Board Of Directors 2020-21

EXECUTIVE

Stew Arnold	President/Communications	250-721-2870
Lorne Brack	Vice Pres./Facility	250-479-8689
Louise Parton	Past Pres./Community	250-658-8462
Sue Jergens	Secretary	250-479-2226
Dave Docherty	Treasurer/Int. Sys. Mgmt.	250-658-8303

DIRECTORS

Velma Minckler	Office/Membership	250-658-8987
Sherrin Horsburgh	Kitchen	250-360-6522
Ron Childs	Director at Large	778-265-9466
Jan Grewar	Re-Opening/SIGs/Courses/Events/ Tues.Drop-in	250-658-2297
Von Bishop	IT Manager	250-477-6206
Patricia Houston	IG/Trusted Trades	250-381-0656
Shannon Baylis	Director at Large	250-658-5656
Suzanne Beauchamp	Director at Large	778-433-2829
Allan Dakin	Director at Large	250-744-1357
Sheelagh Carter	Director at Large	250-658-3517

MEMBERSHIP

CB55+ membership renewal for 2021 is now due. Failure to renew within the grace period (until the end of March) will result in lost membership. This **does not** apply to **GOLDEN** members over 90 years of age, who receive their annual membership free of charge. Membership is typically \$40, but members who were paid up in 2020 will have their fee reduced to \$30 for their 2021 membership, if they renew before March 31. Thereafter, anyone joining or re-joining the Association this year will cost \$40.

NOTE: Only paid-up and Golden members may vote for a new Board of Directors at our AGM in March. Payment can be made by PayPal or credit card on our website (please go to: <http://cordovabay55plus.org> and click on **PAY ONLINE**). Payment can also be made by cheque to: CB55+ Association, and mailed to #1 - 5238 Cordova Bay Road, Victoria, V8Y 2L2.

Payment by PayPal or credit card is also available for CB55+ activities, such as Women's or Men's Fitness.

There are currently 418 CB55+ members in good standing for 2021, who look positively to the future when we can gather at the Centre again!

TUESDAY DROP-IN SCHEDULE

Big Room, 10:00—11:30 am

THIS POPULAR PROGRAM IS NOW OFFERED VIA ZOOM!

MARCH

- March 16 - St. Patrick's Day Celebration
- March 23 - CB55+ AGM
- March 30 - Armchair Travel - Norway/Iceland - Dave & Angie Docherty

APRIL

- April 13 - Alzheimer's - Michael Phillips
- April 27 - Armchair Travel - St. Miguel Allende in Mexico to Antigua, Guatemala, Belize, & through the Yucatan to Cozumel, Mexico - Bob Greig

MAY

- May 11 - Age-friendly Saanich Showcases in Japan - Judy Brownoff
- May 25 - Armchair Travel - Riding the Rails in Russia - From Beijing to Warsaw by Rail & Road - the Trans-Siberian Railway & More - Bill Walker

JUNE

- June 29 - Canada Day Celebration

BY THE WAY

Unfortunately, while the Centre is closed, there are no books available for loan through the CB55+ Library at this time, and members cannot donate their books, either. As reading is undoubtedly a popular past-time for many members during the pandemic, it is hoped that the Library will be very active once we gather again at the Centre.

The next Blue Heron Newsletter will be out at the beginning of June. Check our website for current 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 9:00 - 10:00 Coffee 10:10 Zoom only Women's Fitness 9:30-10:30 Zoom only Women's Coffee 11:30-12:15 On Hold		Drop-in Bridge 9:00 - 11:00 On hold		Hot Shots 10:00 - 11:30 Badminton Hall On hold
	pm	Art Group 1:30 - 4:00 Zoom only Hatha Yoga 5:00 - 6:15 On hold				
Tuesday	am	Women's Fitness 8:45-9:45 Social Gathering 10:00 -11:30 (alternate Tues.) Both Zoom only				Pickleball 10:30 Limited to couples only
	pm	Gentle Yoga 3:00 - 4:00 On hold		Family History 1:00 - 3:00 (2nd) Dominoes , 1:00 - 3:30 (3rd) Both On hold	Worth a Read 1:30-3:30 (4th) Zoom only	
Wednesday	am	Men's Fitness 9:00 - 10:00 Coffee 10:10 Zoom only Fall Prevention 10:30 -11:30 On hold			Fall Prevent. Coffee 11:30 - 12:15 On hold	
	pm	Bridge Group 1:00 - 4:00 On hold Happy Strummers 1:30-3:00 On hold		Studio Group 1:30 - 4:00 pm On hold	Cribbage 1- 3 On hold WEG 7-9 (2nd & 4th) On hold	
Thursday	am	Women's Fitness 9:30-10:30 Zoom only		Poetry Group 10:00 - 12:00 On Hold	Board Mtg. 9:30-11:00 (2nd) Zoom only	
	pm	Ping Pong 12:00 - 1:30 Blue Heron Singers 2:30-4 Both On hold				Pickleball 1:30 - 3:30 McMinn couples only
Friday	am	Line Dancing 10:00 - 11:15 On Hold		Digital Photo 10:00 - 11:30 (1st & 3rd) Zoom only		Hiking Grp. 8:50 On hold Walk with Dogs 9:15
	pm	On the Go Again 1:30 - 3:30 On Hold		Mah Jong 1:00-4:00 On Hold		Walking Group 9:30 On hold