



Blue Heron News

Cordova Bay 55 Plus Association

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PRESIDENT'S MESSAGE

I hope you and your family and friends are well and managing well in these unusual times. The CB55+ Board met recently via videoconferencing to discuss how the BC Restart Plan could affect CB55+ operations. Given our demographic being a higher risk, as well as the restrictions for group gatherings and physical distancing ("groups of around 2 to 6 and preferably outdoors"), there are no plans to open the Centre at this time. The get-togethers that we enjoy so much at this time of the year, such as the Golden Tea, Garden Potluck, and Strawberries and Waffles events have been cancelled. The AGM remains postponed. The Board continues to be in contact and will monitor and follow the Government and Public Health directives and guidelines and keep you informed of any changes.



WHAT'S COMING UP ... in the Garden?

Lots of veggies -

kale, radishes, lettuce, spinach, asparagus, salad greens, tomatoes, swiss chard, beans, beets, broccoli, carrots, cabbage, cauliflower, peas, onions, potatoes ...

And fruit & berries-

rhubarb, strawberries, currants, cherries ...



And so many beautiful flowers ..



While we will continue to miss socializing together at the Centre and within our groups, there are other ways to carry on some of our activities and stay connected. For instance, the Men's and Women's Fitness groups are now being conducted via Zoom, as well as the Art Group and the Book Club. On-The-Go-Again has been keeping in touch, and the Studio Group is making an afghan together. The Walking, Hiking, and Dog Walking Groups are getting out in small groups, and the Golf Group is also starting up. Please check out the Group News section of this edition of the Blue Heron News for updates.

I hope you are enjoying the Weekly Update emails, conceived to keep us connected. The positive feedback we have received lets us know we are on the right track. Thank you to Sue Jergens, Jan Grewar and Patricia Houston for the fine job they are doing in putting this together, and thanks also to Von Bishop for all his work behind the scenes. These weekly updates are also on our website, to enable members to access the information and links they contain.

Another new tab on our website is titled "Member Contributions", where we place member submissions to share with other members. There are short stories, poems and pictures for you to enjoy. We invite you to send along something that you would like to share with other members.

Finally, another way of connecting and sharing is our new private CB55+ Facebook page. In order to join this, simply log on to Facebook and enter **Cordova Bay 55+** in the Search Bar at the top of the page, and then click on the **Join** button. One of the Administrators will verify that you are a member of CB55+ and send you an invitation to accept. Let's stay connected! Stew Arnold

EXCURSIONS AND SPECIAL EVENTS

Many of you who were eager participants in past excursions will now be missing these CB55+ opportunities. Who knows when we will again be gathering to explore and share new experiences? We can dream of future outings: Fisgard Lighthouse/Fort Rodd Hill tour, BC Cancer Agency tour, day trip to the Ismail Centre in Burnaby, etc., and someday they will happen! Sue Melrose and Mary Horton are happy to organize these and other tours once we are given the green light to assemble in larger groups, always mindful of the ongoing need to social distance.

Many members who had signed up for the Advanced Care Planning Workshop in April are disappointed that this did not take place. There is a downloadable version of the workbook ***My Voice: Expressing My Wishes for Future Health Care Treatment***. Just go to the Healthlink.bc.ca website to access this workbook. Reading through the booklet will hopefully spark a timely conversation with family members.

This photo is a nice reminder of the fun we had, and will in the future have, gathering to learn new skills. This lovely group of women worked hard learning the wet felting technique at a workshop at the Centre in February 2019. Unique and beautiful wall hangings and pillow covers were made amidst lots of fun!



TRUSTED TRADES

Our list of Trusted Trades now has 35 entries, ranging from plumbing to lawn care to jewellery repair. These are all trades that have been used by our members with good results, so we encourage you to take advantage of this pre-vetted list the next time you need some work done.

I'd also like to point out that one of the contact phone numbers was found to be in error, the one for Calyor Electric. The correct phone number is **250-818-5982**. If you have a printed list, you might want to update it.

This is a great service, compiled by our members for the benefit of us all. Many thanks to those who have contributed trusted trades. If you know of a tradesperson from whom you have had great results, you're welcome to add to the list. Contact Elizabeth Carson at elizacarson@hotmail.com.

INTERGENERATIONAL PROGRAMS

All of our Intergenerational programs unfortunately came to an abrupt halt in March. The School District has been working to develop teaching methods to support their students, and it looks like school will not be in full session, whatever that may look like, until September.

We will continue to speak to the Principal to see if there is any opportunity for CB55+ volunteers to be involved, depending on the requirements of the Public Health Officer for safety and well being. In March, Patricia Houston, the Board Liaison for the Intergenerational Program, received this email from Mary Lynn Heron, the Cordova Bay School Principal.

“Thank you, Pat, and your cherished volunteers. It certainly has been a tough year for Saanich schools with CUPE job action followed by a worldwide Pandemic. As we settle into a new pace, a new perspective and new possibilities, I can't help but wonder, as an educator, what we will learn from this very profound life lesson. I have a sneaking suspicion, given the plethora of emails from our community, that we will continue to deepen our bonds even further and show more gratitude than ever before for our invaluable partnerships. Thank you to each and every one of you for your commitment to our kiddos and for sharing in the joys of building a strong community.

With sincere gratitude,
Mary Lynn Heron, Principal”

We can only look forward to the restoration of some normalcy to our lives. For future reference, the coordinators for our IG programs are as follows:

IG Photography - Diane Anderson (anderson.diane@shaw.ca)

Pickleball Lessons - Ted Dobie (tedandsue.dobie@gmail.com)

Friday IG Programs - Pat Ball (pball@shaw.ca)

Support a Reader - Von Bishop (250-477-6206 or vonandjane@shaw.ca)

REMEMBER WHEN ...



only a year ago ...
it seems longer...
we'll meet again ...
hopefully soon!



GROUP NEWS (Although many of our CB55+ groups have not been able to meet at the Centre this spring, many want the membership to know they are still connecting and finding ways to stay positive and hopeful for getting together in the near future. Please check the CB55+ website <http://cordovabay55plus.org> - for the most recent updates.)

Art Group - After a couple of months of successfully negotiating Zoom meetings, the Art Group decided to try live, socially-distanced gatherings. Each week we are choosing a different park or beach in the city to draw, paint, chat, or just enjoy the scenery. We are so grateful to live in beautiful Victoria where the outdoor inspirational possibilities for our art are seemingly endless. In the future, we look forward to being able to share our latest creations with the membership either virtually or in person. In the meantime, meeting up with friends to laugh, lament, create, and sing the praises of Bonnie Henry has been invigorating and life affirming and we recommend it to everyone! Contact Jane Bishop at janebishop.is@gmail.com.



Bridge Group - has been trying to stay connected by phone or email, but it will be awhile before we can get together to play. We would need tables 6 feet across to keep our distance! Some of us have been playing online, which helps to pass the time, although it's not the same. This is easiest done on an iPad. We can always accommodate more players, if any member is interested. Contact Orma Paton at 250-658-4805 if you'd like to join these online Bridge games.

Worth A Read Book Club - has embraced Zoom for its meeting in May. While we usually meet in the Studio at the Centre on the 4th Tuesday of each month, we were glad to see some friendly faces, if only on our computer screens. In February, members had enjoyed a discussion of Jonathan Manthorpe's *Claws of the Panda: Beijing's Campaign of Influence and Intimidation in Canada*. We thought the book was quite timely, in light of the arrest of Huawei's CFO Meng Wanzhou. Little did we know the novel coronavirus was around the corner! Although we found it a challenging read, and some members couldn't finish it, others considered it a 'must read' and 'relevant'. Overall, we gave the book **3.9 stars**. Upcoming book club selections are as follows: **The Elegance of the Hedgehog** (Muriel Barbery - June 23), **Rosalind Franklin: The Dark Lady of DNA** (Brenda Maddox - July 28), **Where The Crawdads Sing** (Delia Owens - Aug. 25), **Les Parisiennes: How the Women of Paris Lived, Loved and Died under Nazi Occupation** (Anne Sebba - Sept. 22) . If you would like to join us on Zoom for some good reading and interesting discussion, contact Sue Jergens (sjjergens@gmail.com) or Jan Grewar (jangrewar@gmail.com).

GROUP NEWS CONTINUED

Blue Heron Singers - As everyone knows, singing, especially in a choir, has been proven to be helpful for one's wellbeing. Breathing is improved, ability to focus increases, moods can be altered, and the feeling of being connected to others is enhanced. Over the years, under the remarkable leadership of Pat Robertson, the comment that "Thursday afternoon, singing with the Blue Herons, is the highlight of my week" has been heard over and over. Our choir last met on March 12. The disruption due to COVID 19 has had huge impacts. How have choir members managed? Luckily for us, our connection has not been lost due to Gwen MacPherson, who has reached out to everyone with regular Tuesday and Thursday email messages. These have included items forwarded by choir members, some funny, others poignant, many that aim to make one think and, very special, how to join in singing with a choir online. We've also had the delight of receiving poems selected by our CB55+ poet 'guru', Ron Marken. When will we be able to meet again? No one knows that for sure, but for now, Gwen and others are managing to hold us together as a group with hope for the future.

Golf Group - will soon be golfing again! All local golf courses have been closed since mid-March but are now starting to open up. We have spent the last few weeks learning about the COVID-19 protocols that have been put in place to ensure the safety of the players and their staff at the four golf courses that we will be playing at: The Ridge, Mount Doug, Cordova Bay and Cedar Hill. We will finally start to play on June 4. It is not too late to join us! Contact Ted Dobie (250-477-5066; tedandsue.dobie@gmail.com) or Marilyn Brack (250-479-8689; brackmg@gmail.com).

Happy Strummers Group - stay in touch now and then to share ukulele information about teaching websites, practice patterns, tips and observations. Our Music Director, John Grazley, still creates occasional music charts for favourite pieces to keep us practicing at home. Now that the weather is better, we hope to start meeting soon outside at the Centre to play and sing! We'll need to bring chairs as well as our music gear to make this happen. One member has challenged us to learn to sing and play 'Amazing Grace' by heart, so that when we see each other again, we can tune up and start right in together! For more information on our group, contact Pat Carfra at plcarfra@shaw.ca.

Hiking Group - After a two-month hiatus, the Hiking Group members are happy to be back together again, hiking in groups of six. This group is for members who want a vigorous hike, with varying degrees of difficulty, lasting 2-3 hours. In addition to a regular hike, we may also schedule an alternate, longer, more rigorous hike. The group relies upon members to suggest and lead hikes. Members should be reasonably fit, wear hiking shoes or boots, bring water and a snack. Many bring hiking poles on the more hilly hikes. We meet Friday mornings and, at this time of physical distancing, we meet at the trailhead. Contact Stew Arnold at stewart.arnold@shaw.ca.

Hotshots Group - Unfortunately, the Cordova Bay Community Centre, located at 941 Sutcliffe Road is currently closed, due to the COVID-19 pandemic, so Hotshots is on hold until the fall, or when we are allowed to meet again. We meet on Mondays, 10:00 - 11:00 am, followed by coffee at the CB55+ Centre. We are currently hoping for up to 7 new members (total of 15). When the CB55+ Office reopens, new members can register for Hotshots. The cost is \$15.00 for several weeks, with an additional \$3.00 per session attended. The next session, hopefully, will start in mid-September. Contact Lorne Brack (lorne.brack@icloud.com, 250-479-8689) with any inquiries.

Digital Photography - suspended classes in March and hasn't met since. We hope that members are getting outside and taking lots of photos, asking themselves "what makes this a good photograph?" or "why is this photograph not a good one?" We hope to resume safely as a group in the Fall either inside or outside. Contact Diane Anderson at anderson.diane@shaw.ca for more information or to add your name to our distribution list.

GROUP NEWS CONTINUED

Men's Fitness - has been continuing every Monday and Wednesday mornings, 9:00 - 10:00 am, using Zoom. We have now completed 12 sessions with eight of these recorded and posted on YouTube so members can do extra if they wish! The videoed classes can be found by googling CB55+ Fitness. A few of the guys' spouses have joined in and now have some appreciation of the moans and groans, but we all know guys have a low pain threshold! Usually there is about 30 to 35 members signing in so it seems to be serving some sort of fitness need for our members. Any member (male or female) is welcome to join us. After our class, members can join for a Zoom-coffee gathering that has been set up by Von Bishop. This has been a good way to stay connected during our time in quarantine. Contact Dave Docherty (angdave@telus.net) for the URL, which you need to join the class, once you have downloaded the Zoom app.

Men's Goth - the trips that had been arranged from April to July had to be cancelled which was a real pity as we had some very interesting trips planned with the usual pub lunch arranged for after the tours. No doubt we can reorganize these activities once we return to some form of normality. It is very doubtful that we will be able to run the annual summer BBQ in August this year, which I think we will all miss. It has proven to be a very successful event, with usually 150 members taking part. If any of our male members are interested in future GHOTH trips, they should contact Dave Docherty (angdave@telus.net) so they can be put on the mailing list.

On-The-Go-Again - has been keeping in touch by email and phone calls. We've been exploring native plants on our properties, which has led a lot of us to remember the native plants we were familiar with growing up. Also, some of us send funny and/or entertaining little episodes from the internet to the group. A laugh is always welcome!

One of our "senior seniors," Cecelia, celebrated her 95th birthday in April. A small group of us drove (individually) to Cecelia's home. We parked out of sight, sneaked up to her door with balloons, a sign, a hanging flower basket, and even a lone cupcake in a box. We rang the doorbell and jumped back while social distancing, of course. When Cecelia came to the door, we sang "Happy Birthday" with great gusto! Plans for two of Cecelia's daughters to travel from London, England had to be put on hold so we tried to fill the void and by the look on her face, it worked! We can't wait to see one another again!



Dominoes Group - has now missed three of our monthly sessions, and we are all missing our play-dates! Some of us have connected through email, and seem to be managing our various isolations quite well, but would much rather be back at the Centre, playing games, challenging our minds, and sharing a few laughs. Hopefully, the time will come before too long that we are happily together, playing Chickenfoot and Mexican Train - and not concerned about this virus on our tiles.

Ping Pong - We miss our weekly exercise - physical, mental, and social - and can't wait until we raise the rafters in the Big Room with our laughter! Research is underway for another table, as our group has grown, and we anticipate much enthusiasm when we resume, hopefully in the fall!

Wednesday Evening Games - It's not much fun playing Scrabble by yourself, Solitaire or other games online - too easy to cheat or get bored! Hopefully, we can resume playing games twice a month in the near future, and enjoy social time and mental challenge with game-loving members!

GROUP NEWS CONTINUED

Pickleball Group - At the moment, Pickleball at McMinn Park and at Saanich Commonwealth Place are on hold. Some members have indicated that they are playing on Saanich courts that are posted as officially closed. If that is you, please do not mention you are from CB55+, as we do not want to lose our unique privileges when the courts are officially reopened by Saanich Municipality. Our usual times in Saanich are Thursday, 1:30 to 3:30 pm at McMinn from April through November, and Tuesday, 1:30 to 3:30 pm at Saanich Commonwealth Place. The Pickleball Victoria and B.C. Associations are recommending playing singles instead of our usual doubles. This will be a new technique for most of our members. Congratulations to those of you who are practicing in your basement, garage, or parking lot. Contact Pat Bancroft at patbancroft1946@gmail.com or Ted Dobie at tedandsuedobie@gmail.com for more information.

Studio Group - Anyone like to knit or crochet? Val Baba has started "My Sanity Project". It started off as a few squares to add to the Studio Afghan project. This project is intended to assist a needy family within the school community by either gifting the finished quilt to them or sell it and gift the proceeds to the family. Each interested member knits or crochets 4 inch squares. If they don't end up to be 4 inches, we will join them creatively. Any colour is okay. Join us and meet the challenge! Contact Val Baba at waba@telus.net for info.

Walking Group - started walking in small groups of six people in May, and this has been working well. The leader of each group ensures that walkers are spaced six feet apart. If you are interested in joining these small group walks during the next few months, send your name to one of the Group Coordinators below so that a list of all the walkers is complete. The members are contacted weekly with updates. Once the pandemic is over, we will resume our typical large walking group. Contact Pat Bancroft (patbancroft1946@gmail.com or Margaret Bates (margaretbates@shaw.ca) for more information.

Walking with Dogs - continues to meet every Friday morning at places where dogs are allowed off leash in Sidney, Saanich, and Victoria and we maintain social distance from each other as we walk. Following each walk, we either go for take-out coffee or bring our own and enjoy it in the parking lot or at a safe outdoor location. Recently, we walked at the beach below Parker Park, and enjoyed muffins brought by one of our members, with our coffee, as we sat on logs on the beach. If any member and their dog would like to join our group, we meet at 9:15 at various locations, and walk for about 1-1 ½ hours, depending on how many hills and dales we can cover. Contact Christine Smith at (250)812-7193/ chrismith3@shaw.ca if you'd like to join us.



CB55+ GROUPS SCHEDULE

GROUP/ROOM/LEADERS	DAY/TIME	GROUP/ROOM/LEADERS	DAY/TIME
ART GROUP Studio Jane Bishop 477-6206	Monday 1:30 - 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
BLUE HERON SINGERS Big Room Pat Robertson 479-4271	Thursday 2:30 - 4:00 pm Currently on hold	MEN'S FITNESS Big Room Dave Docherty 658-8303	Monday & Wednesday 8:30 - 9:25 am Currently on hold
BOOK CLUB Studio Sue Jergens 479-2226 Jan Grewar 658-2297	4th Tuesday 1:30 - 3:30 pm Currently on hold	MEN'S GHOTH Off-Site Dave Docherty 658-8303	Various Day Trips Currently on hold
BRIDGE DROP-IN Studio Karen Bryan 896-1201 BRIDGE DROP-IN Big Room Orma Paton 658-4805	Monday 9:00 - 11:00 am Currently on hold 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 Ed Bancroft 380-2411 Ted Dobie 477-5066	Tuesday 1:30 - 3:30 pm Thursday 1:30 - 3:30 pm Currently on hold
DIGITAL PHOTOGRAPHY Studio Diane Anderson 477-8255 Diane Cowden 477-4571	1st & 3rd Friday 10:00 - 11:30 am Currently on hold	PING PONG Big Room Brenda Hurd 658-6484 Debra Sigurdson 727-7338	Thursday 12:00 - 1:30 pm 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	First, Third, & Fourth Thursdays 10:00 - 12:00 pm Currently on hold
FAMILY HISTORY Lounge & Studio Kelly Urarii 727-2207	2nd Tuesday 1:00 - 3:00 pm Currently on hold	STUDIO GROUP Studio Vivienne Smith 382-4618	Wednesday 1:30 - 4:00 pm Currently on hold
GOLF GROUP Off-site Ted Dobie 477-5066 Marilyn Brack 479-8689	Various Days (Contact Group Leader for place & time)	WALKING GROUP Various Trailheads Pat Bancroft 380-2411 Margaret Bates 544-2177	Friday 9:30 - 11:00 am
HAPPY STRUMMERS Big Room Pat Carfra 479-9118 Brenda Hurd 658-6484	Wednesday 11:15 - 12:45 pm Currently on hold	WALKING WITH DOGS Various Trailheads Christine Smith 727-8544 Fran Charles-rens 888-0946	Friday 9:15 - 11:30 am
HIKING GROUP Fowler Parking Lot Stew Arnold 721-2870 Craig Hilborne 479-0104	Friday 8:50 - 12:00 pm	WEDNESDAY EVENING GAMES Lounge Brenda Hurd 658-6484 Hazel Bowman 658-5928	Second & Fourth Wednesdays 7:00 - 9:00 pm Currently on hold
HOTSHOTS Badminton Hall Lorne Brack 479-8689	Monday 10:00 - 11:00 am Currently on hold		

OUR AMAZING VOLUNTEERS - a toast to all of our wonderful kitchen crew!

First, a huge thank you to all of you who volunteer in the kitchen! You are our silent heroes and we are so grateful for the time you put in to provide hospitality to the Centre. We miss the comforts of sharing coffee and breaking bread together and we miss you! The following people volunteer or support the kitchen on a regular basis: **Helen Maxwell** (their wonderful leader), **Bev Skillings**, **Sue Williams**, **Angie Docherty**, **Annie Huus**, **Christine Smith**, **Orma Paton**, **Pauline East**, **Shannon Baylis**, **Sheila Chappell**, **Sherrin Horsburgh**, **Shirley Metters**, **Val Coulter** and others. If you know them personally, please let them know how very much we appreciate all of them.



Every time we enjoy coffee and treats, our lovely Wednesday lunches or any special luncheon or event, some team in the kitchen is involved. Every volunteer has taken the Food Safe course to make sure we maintain safe standards. There is a lot of planning that goes into running a commercial kitchen, including menu planning. Helen and her crew work hard to make the kitchen a success. The kitchen coordinates with Special Interest Groups in planning their special events to make sure everything runs smoothly.

When our Wednesday lunches come from Stelly's Secondary food program, Helen and Sue Williams work with their contact at Stelly's to plan delicious lunch menus for the season ahead. Along with helping Helen to manage the Stelly's lunch, Sue also acts as the pick-up driver to bring the food to the Centre and return the empty containers back to the school.

For special events like the Thanksgiving luncheon, Helen might be seen roasting several turkeys in preparation for the event. Delicious homemade desserts may appear magically on our tables. Angie Docherty has been an important part of the kitchen since she joined CB55+, and she is so efficient that she makes everything look easy! Thank you, Angie, for your long-time volunteer commitment!

Long before each weekly Tuesday drop-in meeting, Val Coulter and Bev Skillings are in the kitchen making coffee and ensuring the kitchen is ready to go, and later cleaning up. Val migrates to the Seaside Room before the meeting to both welcome members and take cash for coffee and treats. If any food preparation is required for our Wednesday lunches, Bev and the kitchen crew will be chopping veggies, making sauces or doing whatever other food prep is required. Other kitchen volunteers jump in to help as needed. Val and Bev are treasured by Helen for their support.

Both Men's and Women's Fitness groups are very grateful to the coffee angels who come in to make their morning cuppa after their workouts each week! You know who you are!

Other kitchen volunteers are part of regular teams that cover certain days of the week for coffee or treats. Volunteers regularly cover our Wednesday lunches or special events to ensure that CB55+ members are well taken care of. They are working in the background in almost every event at CB55+ that involves food. Helen so appreciates their support in the kitchen and so do we. Most of our kitchen volunteers have committed many years of service on a regular basis. Other volunteers fill in when they are needed.



We also can't forget to mention **Audrey Johnson**, who often brings her homemade treats for our Tuesday meetings - they are always a big hit! To each one of you who volunteers in the kitchen, thank you so much - you are such an important part of what makes Cordova Bay 55+ such a special organization! **(Note - If we have missed anyone's name, we are very sorry and we would like you to let us know so we can make amends.)**

CB55+ COURSES - Registration and payment (**cash or cheque**) for these courses is made at the CB55+ Office during office hours.

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

This course is being held for CB55+ members via Zoom for the timebeing.

Update from Viera - We have about 8 to 12 ladies exercising via Zoom, although this has not been easy. There are technical problems and it's difficult for some to see me. I give the ladies instructions, but they are basically on their own. I am thinking of moving the classes outside in June. Everyone would bring their chairs and equipment and we would social distance in order to have a live, outside exercise class (unless it's raining). Contact Viera at vieraj@shaw.ca.

NOTE: A member of Women's Fitness was a bit more positive about the online classes. She had managed to pick up the thera bands and balls at the Centre and distribute them to the ladies to use while exercising, and commented that everyone is pleased to be exercising and able to see each others faces. After the exercises, members chat, and it's nice to stay connected by this activity.

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

This course is on hold for the timebeing. Check our website for future updates.

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

Line Dancing - Instructor: Vicky McCulloch

Gentle Yoga - Instructor: Tessa Rae Hamelin

Hatha Yoga - Instructor: Christina Corazzo

These courses are all on hold for the timebeing. Check our website for future updates.

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

BLUE HERON CAFE NEWS

Unfortunately, the Blue Heron Cafe is closed for all lunches, coffee, and special events for the foreseeable future! Given that no more than 50 people can congregate at one time, our popular Strawberries and Waffles, summer BBQ, and Corn Roast will not likely be held this year. It is also not clear when our Wednesday lunches can resume, until policies and rules from Island Health and Work Safe B.C. regarding group size and social distancing, both in the kitchen and in the set-up for our members that participate in the lunches, are put in place. We miss all these wonderful opportunities to gather around food events, and will appreciate so much the resumption of these activities at CB55+ in the future. Watch for any updates on the Blue Heron Cafe on our website.

OUTREACH MEAL PROGRAM

This program is designed to assist any member who is under the weather or who needs temporary help with meals. If you know of a member who could use this assistance, which complements (not replaces) other CB55+ meal programs, please contact Helen Maxwell (250-658-0794) or any Board member to access food currently stored at the Centre.

CB55+ Board Of Directors 2019/2020

EXECUTIVE

Stew Arnold	President	250-721-2870
Lorne Brack	Vice Pres./Facility	250-479-8689
Louise Parton	Past Pres./Events/Comm. Liaison	250-658-8462
Sue Jergens	Secretary	250-479-2226
Vacant	Treasurer	

DIRECTORS

Andrea Lindsay	Office	250-477-4577
Helen Maxwell	Kitchen	250-658-0794
Rikki Bowman	SIGs/Courses	250-382-6197
Ron Childs		778-265-9466
Jan Grewar	SIGs/Courses	250-658-2297
Von Bishop	IT Coordinator	250-477-6206
Sherrin Horsburgh		250-360-6522
Patricia Houston	Intergenerational	250-381-0656
Val Baba	Volunteers	250-658-8483
Suzanne Beauchamp		778-433-2829

TUESDAY DROP-IN SCHEDULE

Big Room, 10:00—11:30 am

Tuesday Drop-in is on hold for the timebeing. We are hopeful that it will resume in the Fall. Look for upcoming information about the schedule on our website.

SEPTEMBER?



The new look for the new reality ... thanks Rosemarie Gibbons for this fashion statement!

MEMBERSHIP

New applications for membership are being accepted during the temporary closure of the Centre for anyone who wishes to join CB55+, in order to participate in any of the Group Activities that are continuing at this time. Please contact Jan Grewar, Special Interest Groups Coordinator (jangrewar@gmail.com), indicating which Group you wish to join. CB55+ membership is \$40 annually until December 31.

THEATRE AND MUSIC

Hazel Bowman misses going to the theatre and other cultural events in Victoria, especially with other CB55+ members. Who knows when people will be able to do this again! There are many online, free sources of entertainment, such as opera, classical and other music, as well as paid television offerings. Hazel recently got Netflix, and is binge watching The Crown! Contact Hazel (250-658-5928/hibow@shaw.ca) if you need ideas about entertainment during this virus season, or just want to have a chat.

This message, from a local not-for-profit organization, [Growing Together](#), is being passed on as a service to any of our members who may be interested in this initiative: [Seedlings for Saanich Seniors](#)

In an effort to help other seniors grow food, an anonymous donor has come forward to provide over 200 seniors living within Saanich with food plant starts for them to grow this season. Sol Kinnis of City's Edge Farm is growing the plant starts and they will be ready for distribution by the end of May.

If you would like to receive free plant starts, you may request seedlings through the Growing Together website, under the 'Community Projects' tab. The link is: <https://www.growingfood-together.com/supports-and-initiatives>.

BY THE WAY

The next Blue Heron Newsletter (BHN) will be out at the beginning of September, but members can always check our website for current, up-to-date information: <http://cordovabay55plus.org>

CB55 + Weekly Activity Schedule

Most activities are currently on hold; contact group leaders or check our website for updates!

JUNE		Seaside	Courtyard	Studio	Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 9:25 am Women's Fitness 9:30 - 10:30 am ZOOM MTGS.		Drop-in Bridge 9:00 - 11:00 am ON HOLD		Hot Shots 10:00 - 11:30 am Badminton Hall ON HOLD
	pm	Hatha Yoga 5:00 - 6:15 pm ON HOLD		Art Group 1:30 - 4:00 ON HOLD		
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30 ON HOLD				
	pm	Gentle Yoga 3:00 - 4:00 pm ON HOLD		Family History 1:00-3:00, 2nd Tue ON HOLD Dominoes 1:00-3:30 3rd Tue ON HOLD Book Club, 1:30 - 3:30, 4th Tue. ZOOM MTGS.		Pickleball 1:30 - 3:30 pm Saanich Rec. Centre WILL RESUME SOON
Wednesday	am	Men's Fitness 8:30 - 9:30 ZOOM MTGS. Osteofit 10:00 - 11:00 ON HOLD Happy Strummers 11:15 - 12:45 ON HOLD			Blue Heron Cafe 11:30 - 12:30 pm ON HOLD	
	pm	Bridge Group 1:00 - 4:00 ZOOM MTGS		Studio Group 1:30 - 4:00 pm ON HOLD	Cribbage 1-3 WEG 7-9 pm 2nd & 4th Wed ON HOLD	
Thursday	am	Women's Fitness 9:30 - 10:30 am ZOOM MTGS.		Board 9 - 1:00 (2nd Thur.) ON HOLD Poetry Grp. 10 - 12 (1st, 3rd, 4th Thur) ON HOLD		
	pm	Ping Pong 12-1:30 ON HOLD Blue Heron Singers 2:30 - 4:00 ON HOLD				Pickleball 1:30 - 3:30 McMinn WILL RESUME SOON
Friday	am	Line Dancing 10:00 - 11:15 am ON HOLD		Digital Photo 10:00 - 11:30 am (1st & 3rd Fridays) ON HOLD		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 ON HOLD		Mah Jong 1:00-4:00 ON HOLD		