



Blue Heron News

Cordova Bay 55 Plus Association

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PRESIDENT'S MESSAGE

Welcome to the Summer edition of the Blue Heron News. The longer days and warmer weather have brought us out of the COVID winter and, with the vaccination program well underway, we are anticipating ditching the masks and giving hugs to our friends and loved ones. The Board will continue monitoring the Province's COVID directives and plan for our re-opening accordingly.

Our second well-attended AGM via Zoom took place on March 23. Four Directors retired this year: Lorne Brack, Vice-president, who managed the operation and security of the Centre; Ron Childs, who took the early lead in the project to implement the electronic payment system; and Sherrin Horsburgh and Suzanne Beauchamp, who were always willing to take on a variety of assignments. We thank them for their dedication to the Association. See Our Amazing Volunteers on pg. 9 for more on these hardworking Directors. Four new Directors were elected and welcomed: Carole Didier, Sue Williams, Jim Rondeau, and Chris Carter. See pg. 11 for a listing of all the current Directors. Unfortunately, shortly after the AGM, two valued Directors, Chris and Sheelagh Carter, surprised themselves and us by making a decision to move to the lower mainland. Chris will be especially missed by the Board and the Association for the work he has undertaken as Treasurer and Financial Manager for the past seven years. As a consequence of Chris and Sheelagh's move, we had two Board vacancies to fill. I am pleased to announce that Kim McGowan has been appointed by the Board as Treasurer and Phyllis Senese as Director to fill these positions until the next AGM, when they will stand for election.

We ended the 2020-2021 fiscal year in a strong financial position, and currently have 500+ members in the Association. We continue working on the Integrated Management System (IMS) to integrate our financial, membership, and payment systems. See the Membership report on pg. 11 for details. We also hope to renew our Five Year Strategic Plan (2015) this year after putting this on hold last year.

Thank you for your continued support of CB55+, and many thanks to all those volunteers who keep us organized and informed through this pandemic.

Stew Arnold

WHAT'S COMING UP

Optimism for re-opening the Centre is growing as Covid restrictions loosen. Here is a lesson for all of us in patience and hope from member May Chow's story about a couple of geese who carried on calmly, safely, and kindly through this Covid spring. First, the parents found a safe place to lay their 6 eggs next to a fish pond in May's son's back yard, with mother goose sitting on her nest for 29 days, until Mother's Day, when the eggs finally hatched. Then she kept her chicks warm under her wings for two days, before father goose led the family to the Gorge inlet nearby to start their new life together. May enjoyed watching the whole event each day, something to remember and find comfort in witnessing.



SPECIAL EVENTS

A thank you card was recently sent to Dr. Bonnie Henry from our Association that read the following:

On behalf of Cordova Bay 55 Plus Association, thank you for your strong leadership in guiding all British Columbians through the Covid-19 pandemic. You have charted BC's course through an ever-changing sea of evolving scientific information and you have kept us informed and maintained your calm and comforting demeanour in your broadcasts to the public. This has made a very stressful time in our lives much easier for us and we are very grateful to you and your team.

Heartfelt messages were added from 34 CB55+ members plus a thank you from each of the 15 members of the Board of Directors on our letterhead. We also included some information about CB55+ in the card:

The Cordova Bay 55+ Association offers a place for seniors aged 55 and older to socialize and participate in recreation, education, cultural activities, and other programs. We are very happy that over 500 loyal members have continued to support us through the pandemic.

The Centre is entirely run by volunteers. While the Centre itself is currently closed, many activities continue either via Zoom or through outside activities such as golf. Our premises are part of an elementary school and in pre-pandemic times we had a robust intergenerational program with the students that we all miss dearly. Our On-the-Go Again group has made great efforts to stay connected to our most vulnerable and elderly members throughout the pandemic.



Two CB55+ members, Dorothy O'Shea and Bette Anderson, were involved in a quilting project that produced a beautiful quilt featuring Dr. Henry's Fluevog shoes, among others. This is a fundraiser for the Saanich Peninsula Hospital & Healthcare Foundation (SPHHF). For more information and tickets, call the SPHHF office (250-656-2948).



INTERGENERATIONAL PROGRAMS

After two years of inactivity, we are hoping that the Friday IG program will be up and running in the next school year, so that we can reconnect with our young friends in the school. We have all missed our involvement in the many different ways we interact with the children both individually and in various groups. Historically, this program has run on Fridays during the students' lunch recess, for four weeks in the fall and four weeks in the spring. Children sign up for activities they're interested in, such as cooking, knitting, games, lego and various crafts which are organized and supervised by members of CB55+. Great fun is had by the students and seniors alike! Thanks to all our members who contribute to this wonderful initiative. If you are interested in joining this IG volunteer group, please contact Pat Ball at pball@shaw.ca.

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.)

Men's Fitness - has continued to meet twice a week via Zoom (every Monday and Wednesday, 9:00 -10:00 am) and plans on doing so until the end of August. Most sessions have 30-38 men signing in (depending on weather and tee times) and apparently a few are accompanied by their spouses. One session had over 40 keen participants! Sessions involve a variety of exercises and different formats with lots of opportunity for participants to challenge themselves. However, all are encouraged to only work within their capacity and not put themselves at risk. To avoid risk of injury, participants should seek medical advice before embarking on any exercise program. Thanks to John Arduini, 29 sessions have been recorded (with 3 more waiting in the wings) and uploaded to YouTube. These recorded sessions are for members to try the classes before making a commitment, for those who miss a class, or for those who want to do an extra class each week. Several guys meet after the class for a Zoom coffee meeting, kindly hosted by Von Bishop. It is not the same as meeting at the Centre with the buzz of several conversations going on at the same time in different parts of the Lounge, but it has definitely provided an opportunity for us to stay connected and solve the world's problems. We hope to get back to the Centre in September, but Zoom will probably still be an option for those preferring to exercise in the comfort of their own home or in their PJ's. Anyone interested in joining should contact Dave Docherty (angdave@telus.net) for more information.



Golf Group - The golf season for this group is in "full swing" with seven events already played out of our 44 events schedule. With a season from May 3 to September 30, we are playing twice a week on Mondays and Thursdays at Mount Doug or at The Ridge. Although all golf courses are very busy, we have been fortunate in securing block bookings at Mount Doug which guarantees 8 tee times throughout the season. We are also planning three Nine and Dine events at the Cordova Bay Golf Club. If you have some golf experience and know basic golf etiquette, it is not too late to join our group. Contact Ted Dobie (250-477-5066) or Marilyn Brack (250-479-8689) for more info.



GROUP NEWS CONTINUED

Walking with Dogs - This group meets every Friday for off-leash walking around Victoria. It is getting a little more difficult to find places to walk that allow our dogs to be off-leash but we enjoy the parks that we find. Unfortunately, three beloved dogs in our group have passed away in the last few months, but two of our members now have new puppies, which is lovely. They fit in very well and we are delighted to have them join our group. Another member who lost her dog brings her daughter's dog, and he also fits in well with the rest of the clan. Anyone wanting to join our group is very welcome as long as they realize we are an off-leash walking group, so your dog must get along with other dogs. We meet at 9:15 am on Friday and usually walk for about 1 to 1 1/2 hours and then go for coffee. Contact Christine Smith (ph: 250-727-8544) for more information.



Happy dogs ... Happy People!



New puppies need lots of treats!

On-the-Go-Again - We surprised our members on Mother's Day (for some it was "Others' Day"!)) with a bright pink carnation and a few other treats. Thanks to our delivery volunteers for bringing these flowers to each door, and also to an anonymous donor who footed the bill for the flowers - this unexpected spontaneous gesture was much appreciated. We are still looking forward to getting together in the not-too-distant future. Hopefully, during the summer, when we have all had our vaccinations, we just might be able to get together outdoors in small groups to share tea. Who knows? Maybe in the fall, we will gather again at the Centre. Will we recognize one another?



Pink Carnations for Mother's Day

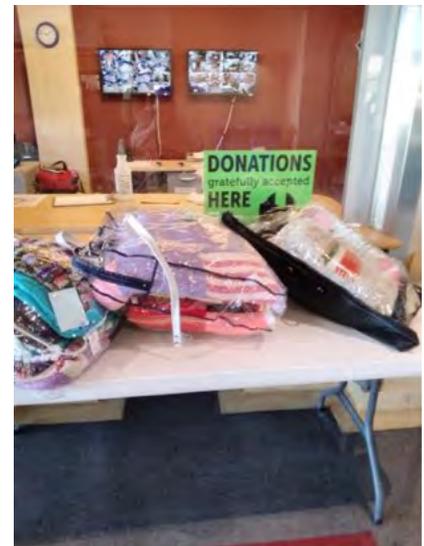


Val Baba's fancy small Mother's Day cakes

GROUP NEWS CONTINUED

Worth a Read Book Group - Books are always a welcome reprieve from pandemic news and the occasional rainy day that is springtime in Victoria. We have been entertained by our usual great variety of titles, both fiction and non-fiction. Although recent meetings have been held on Zoom, we're looking forward to better weather when we can return to Beaver Lake Park to chat and ultimately, in the fall, to return to the CB55+ Centre. Some books we have read recently include the first novel by Canada's former Chief Justice, Beverly McLaughlin, **Full Disclosure**, which received a rating of 4.0 stars by our members. The courtroom action didn't disappoint but some of the characters were unidimensional. It was a real page turner and would make great summer reading! Our members gave 4.1 stars to Giller nominee and Victorian, Steven Price, for **Lampedusa**. Some felt that the writing was great, but others found it a bit difficult to follow all the different characters. The book, set in Italy, was described as poetic with a sense of place in history. At the end of May, we will be discussing **The Education of an Idealist—A Memoir** by Samantha Power. She began her career as a journalist in the Bosnian Serbo-Croatian War and moved on to become the US Ambassador to the UN in Barack Obama's administration. On a lighter note is June's book **Anxious People** by Fredrik Backman, who also wrote **A Man Called Ove** and **Beartown**. Backman's writing is always humorous, wry and insightful. If you would like to join us, contact Sue Jergens (sjjergens@gmail.com) or Jan Grewar (jangrewar@gmail.com). We meet in the afternoon on the 4th Thursday of each month. For more information, see the CB55+ website.

Studio Group - During this pandemic, this active group has been knitting hundreds of squares. These were then collected from members' homes, and crocheted and/or knitted together to make more than 45 baby and full-size blankets and afghans. Twenty full-size blankets were selected and delivered to Our Place, to be inserted into gift baskets for homeless people who are moving into new homes. Some of the baby blankets will go to the Native Child Care Centre in Central Saanich. The Studio Group is knitting more squares to be made into hats and scarves and donated to those in need next fall. If any member would like to knit 4 inch squares, we will use them. Contact Vivienne Smith (ph: 250-382-4618) for more information.



Happy Strummers - are about to become happier. Early in June, we will be back strumming in Teresa Thom's beautiful back yard as we did for four wonderful months last summer. Other members will join us later after they've had their second Covid doses. If the statistics continue to drop, all of us may meet together in September. Fingers crossed!

GROUP NEWS CONTINUED

Ping Pong - this group is back in action! Ten members play every Thursday, from 12:00 to 2:00 pm, on our outside table in the Courtyard under a canopy cover, to protect us from the sun and rain! Sometimes the wind adds challenge to our games, but we don't mind, and have a lot of fun hitting and chasing that little white ball all over the place! We look forward to having more members join us as restrictions relax and warm weather continues. We'll be playing all summer! Contact Brenda Hurd (brendarhurd@gmail.com) for more information.



We even have team t-shirts now, thanks to Bette Anderson's talent with a needle!



Blue Heron Singers - are still "humming" (to themselves) in spite of not being able to gather together YET. Things are changing constantly and there is some optimism that, if we behave ourselves, we just might be able to get back to some actual singing in the fall. Stay "tuned!"

Digital Photography - continues at least through June with one Photo Shoot and one Zoom meeting per month. In the past few months, we have had outdoor photo shoots at St. Mary's the Virgin church in Metchosin to see the fawn lilies and then to Playfair Park to see the camus, azaleas and rhododendrons. Each month we try to practice a particular theme such as leading lines or patterns, and then we show our photos to each other on Zoom. Here are a few examples of recent photos: **Blue Poppies**, Margaret Bates; **Wake Pattern**, Joyce Thomson; **A Passion Flower**, Chris Pengilly; **Colours of Spring**, Diane Anderson. To learn about our enthusiastic



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 Coming soon -Centre	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 - 2:00 pm Covered Courtyard
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 Coming soon -Centre	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 Starting up again soon
GOLF GROUP Off-site Ted Dobie 477-5066 Marilyn Brack 479-8689	Monday & Thursday Ongoing	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 10:30 - 12:00 pm Off-site	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 Christine Smith 727-8544	Monday & Thursday 9:30 - 10:30 am; Tuesday 8:45 - 9:45 Ongoing by Zoom

REMEMBER WHEN . . .

Do you remember how our beloved “fiddler,” the late Dorothy Evans, started our Canada Day celebrations? Dorothy had this brilliant idea that we should hear music from each of our ten Canadian provinces and three territories, and that we should celebrate Canada Day at our last Tuesday morning drop-in in June. Some of the songs were sung by the Blue Heron Singers and others were performed by our musicians. Dorothy also thought it would be a good idea to find out where our 55+ members hailed from. Were they Canadian born, and if so what part of Canada? Were they immigrants, and if so what country were they from? Over a period of a few weeks, we collected information from members and collated it to present at the Canada Day celebration.

And what a wonderful celebration it was! Some members wore their native dress, and armed with facts and figures, Dorothy “fiddled” her way across Canada. This required enormous support from our choir leader, Pat Robertson on the piano, Karen McIvor on cello, Margaret Wormald on violin, a lovely young guest violinist, and Art Rowe on his “blunt instrument!”

It’s hard, during these days of distancing and masks, to imagine how we crammed so many people into the Big Room! We really did enjoy the company of our friends and the warm, congenial atmosphere. Hold onto those memories, and let’s ALL look forward to returning to some kind of normalcy when we can celebrate Canada Day in person again. In the meantime, smile at the memories and gratefully belt out “O Canada” on July 1st!



OUR AMAZING VOLUNTEERS - Retiring CB55+ Board Directors – 2021 AGM

This year four of our directors retired after completing a two-year term. We are grateful for all they accomplished during their tenure, particularly given the difficulties experienced after the start of the Covid-19 restrictions in March 2020. The board, dealing with the many issues that had never been anticipated before and learning the intricacies of electronic meeting technology such as Zoom, did our very best to operate under the ever-changing BC public health orders and to help our members stay connected to both CB55+ and each other during the pandemic. We sincerely thank our retiring and active Directors for their assistance and support of the organization through such difficult times.

Sherrin Horsburgh brought a wealth of CB55+ volunteer experience and career experience to the Board. As Kitchen Liaison, she informed the Board about all the details on the operation of the kitchen and supplied helpful insights on how the Board might assist. The Board's Christmas Open House never ran better under Sherrin's management! She rounded up many helpers from the kitchen, Board, and other CB55+ volunteers, and coordinated all their efforts into a smooth operation where guests had a wonderful time and volunteers felt well rewarded for their efforts. Sherrin also provided input to the Covid Restart Committee in her role as Kitchen Liaison. She has assured us that although she will no longer be on the Board, she will continue to step up as one of our amazing volunteers. Thank you, Sherrin!



Suzanne Beauchamp also brought a unique and thoughtful perspective to the Board with her knowledge of human behaviour. As Events Liaison & Coordinator, Suzanne provided oversight to events such as special Tuesday Drop-In, the Christmas Bake & Craft Sale, and Christmas lunches at the Beach House and golf course, to ensure that all the details were well taken care of. As the pandemic interrupted many of our activities, Suzanne stepped up to be on the Covid Restart Committee and continues to be a valuable member of this team. In her role on the Committee, Suzanne contributed to the Covid-19 Restart-Communication Plan and also provided research items on the evolving coronavirus. We thank you, Suzanne, for your contributions to the Board and to CB55+



Ron Childs made many contributions to the Board but his most enduring legacy will be remembered as his exemplary leadership of the On-Line Payments Task Force. The onset of the pandemic made it relatively urgent to move forward quickly on this project. Ron brought his business experience to the fore and analyzed existing procedures and the software currently used to support them. He then looked for software solutions that might integrate with our existing systems to help move us forward. Throughout this process, he kept other Directors who were part of the Task Force fully informed and asked for feedback on a regular basis, all in his kind and supportive manner. Thank you, Ron!



OUR AMAZING VOLUNTEERS - Continued

Lorne Brack was a major contributor to CB55+ during his tenure as Director, Vice-President, and a member of our Executive/Governance Committee. He was instrumental in negotiating a new Partnership Agreement with Saanich and he helped establish new procedures for After Hours Bookings at the Centre, resulting from the revised agreement. In Lorne's role as Facilities Manager, he ensured that the security and maintenance of the Centre were always well taken care of, performing many of the related tasks himself. As you can imagine, in a Centre the size of ours there was always something that needed his attention, and Lorne stayed on top of every issue. After our initial closure last March, Lorne became an active member of the Covid-19 Restart Committee and brought his Facilities expertise to this Committee, determined the occupancy limits, purchased specialized sanitation and PPE equipment, reviewed cleaning protocols, and other tasks, all based on the latest health orders and scientific information. Thanks Lorne, for making a substantial difference to our organization!



BY THE WAY

All Saanich and CB55+ courses are still on hold, as are the delicious lunches offered by our CB55+ kitchen crew, and the Outreach Meal program. If you know of someone in need of food on a temporary basis, leave a message at the CB55+ Office (250)658-5558, and effort will be made to provide assistance.

Story Circle -

Pat Carfra and Patricia Houston co-facilitate An enthusiastic group of storytellers who continue to meet for bi-weekly zoom gatherings to share personal stories as an antidote to loneliness. The diversity in our lives is met with our mutual need for connectedness and community. With the summer approaching we may actually be able to meet in person. That is our hope.



TRUSTED TRADES

It feels like summer! Covid-19 or not, it's a great time to tackle that project list. If you're like most people, some of those projects will require assistance. The Trusted Trades list is a great way to find that help. We offer our members a recommended list of almost 45 resources for everything from auto and household maintenance to computer support and so much more! Every entry on the list represents a tradesperson recommended by one of our CB55+ members. Contact Elizabeth Carson (elizacarson@hotmail.com) to get a copy. This is a work in progress (much like all those household tasks), and new recommendations are welcome. If you have a trade you would like added to this list, please send Elizabeth Carson the relevant information along with your name, phone number, and a brief comment about why you are recommending this trade. Where appropriate, they should be covered by Workers Compensation.

CB55+ Board Of Directors 2021

EXECUTIVE

Stew Arnold	President	250-721-2870
Jan Grewar	Vice President	250-658-2297
Louise Parton	Past President	250-658-8462
Sue Jergens	Secretary	250-479-2226
Kim McGowan	Treasurer	250-721-2735

DIRECTORS

Dave Docherty	Governance Comm.	250-658-8303
Velma Minckler	Office	250-658-8987
Von Bishop	Membership/IT Mgr	250-477-6206
Patricia Houston	IG/Trusted Trades	250-381-0656
Shannon Baylis	Events/Volunteers	250-658-5656
Allan Dakin	Facility/Security	250-744-1357
Carole Didier	Director at Large	250-658-8444
Sue Williams	Kitchen Liaison	250-361-6647
Jim Rondeau	Director at Large	204-795-5075
Phyllis Senese	Director at Large	250-477-9744

TUESDAY DROP-IN SCHEDULE

Big Room, 10:00—11:30 am

JUNE

June 29 - Canada Day Celebration -

offered by many talented CB55+ members via Zoom! Don't miss it!

Hopefully, Tuesday Drop-in will be back in full swing at the Centre in September!

BY THE WAY

The next Blue Heron Newsletter will be out at the beginning of September. Please check our website for current information:

<http://cordovabay55plus.org>

MEMBERSHIP

Velma Minckler has been the CB55+ Membership Coordinator for many years, doing a wonderful job of registering new members, reminding us of our renewals, and generally making CB55+ a place that cares about its members. Velma is stepping down this year as Coordinator, Von Bishop, her successor, will be calling on her expertise, as needed. Velma will still be the Board Liaison for the Office, in regularly coordinating with Andrea Lindsay, CB55+ Office Manager. Thank you Velma for all your hard work and great example of how an organization should behave.

A new membership management system, called Membee will be initiated in the near future, that will hopefully make the workload on our Office volunteers more manageable, and provide real benefits to all of the CB55+ members. One of the big advantages of Membee will be the ability for members to pay for their memberships, renewals and activities on-line through our website. Last summer Chris Carter worked extremely hard to implement on-line payments using Paypal. While this system has worked and has been generally well received, Membee should be easier to use and wider in scope.

Another big time saver will be the ability for members to securely sign in to their profile and update personal information like their email address, phone number, home address, etc, without our Office volunteers having to do it. Members will also be able to access records of all the on-line payments they have made through Membee and get receipts as needed. Members have asked if there could be a payment system in the Office that accepts credit or debit cards, and this will occur at a later phase of implementing Membee.

Membee also allows for the creation of membership directories for those who may wish to make their contact information readily available to other members. The Board will consider implementing this feature, keeping in mind the requirements for privacy.

We will continue to use Mailchimp for our mass emails to members, and Membee will be able to update our contact lists automatically.

CB55+ membership is \$40 annually, but as of July 1, the fee is \$20 for new members. Payment can be made by PayPal or credit card on our website (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.

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 <i>Zoom only</i> Women's Fitness 9:30-10:30 <i>Zoom only</i> Women's Coffee 11:30-12:15 <i>On Hold</i>		Drop-in Bridge 9:00 - 11:00 <i>On hold</i>		Hot Shots 10:00 - 11:30 Badminton Hall <i>On hold</i> Golf Group Mt. Doug/Ridge
	pm	Art Group 1:30 - 4:00 <i>Coming soon - Centre</i> Hatha Yoga 5:00 - 6:15 <i>On hold</i>				
Tuesday	am	Women's Fitness 8:45-9:45 Social Gathering 10:00 -11:30 (alternate Tues.) <i>Both Zoom only</i>				Pickleball 10:30 <i>Saan.</i> <i>Comm. Place -</i> <i>Coming soon!</i>
	pm	Gentle Yoga 3:00 - 4:00 <i>On hold</i>		Family History 1:00 - 3:00 (2nd) Dominoes , 1:00 - 3:30 (3rd) <i>Both On hold</i>	Worth a Read 1:30 - 3:30 (4th Tues.) <i>Zoom only</i>	
Wednesday	am	Men's Fitness 9:00 - 10:00 <i>Zoom only</i> Fall Prevention 10:30 -11:30 <i>Coming soon!</i>			Fall Prevent. Coffee Time 11:30 - 12:15 <i>On hold</i>	Happy Strummers 10:30 - 12:00 <i>Member's home</i>
	pm	Bridge Group 1:00 - 4:00 <i>On hold</i>		Studio Group 1:30 - 4:00 pm <i>On hold</i>	Cribbage 1- 3 <i>On hold</i> WEG 7-9 (2nd & 4th) <i>On hold</i>	
Thursday	am	Women's Fitness 9:30-10:30 <i>Zoom only</i>		Poetry Group 10:00 - 12:00 <i>Coming soon!</i>	Board Mtg. 9:30-11:00 (2nd) <i>Zoom</i> <i>only</i>	Golf Group Mt. Doug & Ridge Golf Courses
	pm	Ping Pong 12:00 - 2:00 <i>Covered Courtyard</i> Blue Heron Singers 2:30 - 4:00 <i>On hold</i>				Pickleball 1:30 - 3:30 McMinn Park <i>Starting soon!</i>
Friday	am	Line Dancing 10:00 - 11:15 <i>Coming soon!</i>		Digital Photo 10:00 - 11:30 (1st & 3rd) <i>Zoom only</i>		Hiking Grp. 8:50 <i>On hold</i> Walk with Dogs 9:15
	pm	On the Go Again 1:30 - 3:30 <i>On Hold</i>		Mah Jong 1:00-4:00 <i>On Hold</i>		Walking Group 9:30 <i>Starting</i> <i>soon!</i>