



# Blue Heron News

## Cordova Bay 55 Plus Association

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### WHAT'S COMING UP

Sun., Dec. 3 - **Anne of Green Gables**, VOS, Carpool 1:00 pm, Show 2:00 pm  
 Tues., Dec. 5 - **Christmas Luncheon** at the Beach House, **SOLD OUT!**  
 Sat., Dec. 9 - **Christmas Spectacular**, McPherson Theatre, \$51, **SOLD OUT!**  
 Tues., Dec. 12 - **Blue Heron Singers Christmas Sing**, Big Room, 10:00 am  
 Tues. Dec. 12 & Wed., Dec. 13 - **Craft & Bake Sale** - after Drop-in (Tues) and after lunch (Wed.). Baking donations welcome!  
 Sun., Dec. 17 - **A Christmas Carol**, Belfry Theatre, 2:00 pm, \$18 - \$42 (cost depends on where you sit)

### HOLIDAY HOURS

The CB55+ Office will close at **noon**, on **Tuesday, Dec. 19**, after the Christmas Open House Social.

The CB55+ Centre will be closed **Dec. 23 thru Jan. 8**, so no programs or groups will meet during the holidays.

**Merry Christmas, Everyone!**

## PRESIDENT'S MESSAGE

Cordova Bay 55+ continues to thrive, offering an amazing array of programs and activities that are enjoyed by our members every week. Check out page 4 of this newsletter for a listing and schedule of twenty-two great Special Interest Groups that members can enjoy, all for the price of their annual membership! As well as these active groups, a variety of courses are offered seasonally (check page 6), through Saanich Recreation and our own Association, depending on the interests of our members. Special events and excursions occur throughout the year. Delicious lunches are served every Wednesday in the Lounge, and the coffee pot is always on at the Centre for members who just like to drop in for a coffee, a sweet, and a chat. Our strength and success lies clearly in the active involvement of our membership, and the caring, respect and compassion that we give to each other.

As the Christmas season approaches, we look forward to our annual Christmas Luncheon, which for many is the beginning of many social events at this time of year. This is also the time when we give special attention to others who are less fortunate. The CB55+ is working with the school to find ways of helping local needy families, and how you might contribute in this regard. On behalf of the Board, I would like to wish everyone a wonderful Christmas!

Louise Parton

## An invitation to all CB55+ Members

Join the Blue Heron Singers in making a contribution of **non-perishable food items** to Cordova Bay School's annual food drive for the Mustard Seed Food Bank. The Food Drive will **start on Friday, Dec. 1**, and will **run until Thursday, Dec. 21**. Tables will be set up in the school hallway for food donations, so you can add your contributions to the boxes there. Many thanks!



## THEATRE AND MUSIC

**Wintertime**, Saturday, Dec. 2 - Canadian College of Performing Arts, Elgin St., matinee. Tickets: \$21.00 for seniors. This play is billed as a romantic comedy.

**Anne of Green Gables**, Sunday, Dec. 3 - Victoria Operatic Society, Royal Theatre, Show 2:00 pm; Carpool 1:00 pm, Tickets: \$42.00.

**A Christmas Carol**, Sunday, Dec. 17 - Belfry Theatre, 2:00 pm, Tickets: Adults - \$42.63, \$36.96, or \$18.10. Children - \$24.15, \$21.00, or \$10.52. Ticket prices vary, depending on where you sit.

**Cabaret**, Saturday, January 27 - Canadian College of Performing Arts, Elgin St., matinee. Directed by Sylvia Hosie. Tickets: \$25.00.

For all productions, register at the office. Contact Hazel Bowman for more info. (658-5928/ [hibow@shaw.ca](mailto:hibow@shaw.ca)).

## SPECIAL EVENTS

**CB55+ Christmas Luncheon** - will be held again at the Beach House on **Tuesday, December 5<sup>th</sup>** – doors open at 11:00 am, lunch served at 11:45. Please note that there will be no speaker at the Centre on that Tuesday. The ticket price remains the same as last year, at \$30 for a buffet lunch, and includes meat and vegetarian dishes. **This popular annual event is already sold out!!!**

**Yellow Point Christmas Spectacular** - Saturday, December 9, 7:00 pm, McPherson Theatre. Tickets: \$51. All our tickets are sold! Check directly with the McPherson Theatre if you need a ticket.

**Behind the Scenes at the Phoenix Theatre** - Thursday, February 15, 2:00 - 3:00 pm, UVic., max: 25 participants, \$10/person, carpool at 1:30 pm.

**Hudson/Victoria Public Market** - March 2018, More details to come!

**Woodwynn Farm** - Thursday, April 19, 1:30 - 3:30 pm, carpooling, donations appreciated.

**City of Victoria Hanging Baskets** - May 2018, More details to come!

## BLUE HERON CAFE NEWS

Dec. 6 - **NO LUNCH** on Wednesday this week, as our Christmas Luncheon is on Tuesday, Dec. 5.

Dec. 13 - Tortierre Pie with Gravy, Mashed Root Vegetables and Mocha Mousse

Look for the menu in the New Year on our website, starting Jan. 11.

All lunches are still only \$7, and tea or coffee \$1. If you would like to help in the kitchen, please see Helen Maxwell. Volunteers are very welcome!

## CRAFT & BAKE SALE

**Tuesday, Dec. 12** after Drop-in, and **Wednesday, Dec. 13**, after lunch. Pick up some great gifts for Christmas! Members who donate baking for the sale get a 10% off any item they purchase at the sale. Get your name on the list in the Office when you bring in your baking! Thank You!



## INTERGENERATIONAL PROGRAMS

The Intergenerational Program provides opportunities for CB55+ members and students in the school to participate in activities of mutual interest. This fall, we enjoyed a variety of IG programs on Nov. 3 and 10, and we will have two more meetings on December 1 and 8. Fifteen CB55+ volunteers are working with approximately 90 students, enjoying cooking, crafts (bead making), board games and the ever-popular Lego. The next session will be up and running by February, 2018. We would like to offer some different activities, such as drama and macrame as well as the usual activities. If this rewarding volunteer opportunity is something you would enjoy, please contact Pat Ball at [pball@shaw.ca](mailto:pball@shaw.ca).

**Support a Reader**, coordinated by Von Bishop, pairs CB55+ members with students for reading. We have nine regular readers and four relief, working with six different teachers. If any member is interested in this, contact Von Bishop at [vonandjane@shaw.ca](mailto:vonandjane@shaw.ca) or by phone at 250-477-6206.

**Pickle Ball Clinics**, coordinated by Ted Dobie, are for grades 4 and 5 students in their PE time. In the new year, there will be four sessions for each class over a four week period, and is estimated to start in late January to mid February.

**IG Photography**, is coordinated by Brent Carberry. A group of volunteers is presently working with Kerri Mitchell's class on Thursday mornings, and we hope to share our photos at a future Tuesday Drop-in. We plan to run this program in the winter and spring, and welcome new volunteers. No experience or expertise is necessary - we all learn as we go. Please contact Brent at [brentjcarbery@gmail.com](mailto:brentjcarbery@gmail.com) if you are interested in helping or would like more information.

### REMEMBER WHEN ...

Who remembers one of our first Christmas lunches held at St. David's Church hall in early December 2005? This was before CB55+ had a "home" so we rented the church hall. We were welcome to use the tables and chairs, so we took on the task of setting things up. What we didn't know was that the chairs and tables had been stored for many years in a back shed behind the hall. As we unearthed these furnishings, we had to completely clean each one before setting up.



It was a pot-luck affair - more food than we could consume! Didn't cost a penny except for the "elbow grease." And here's Val leading the charge in the very small kitchen with the old "temperamental" appliances. She earned her engineer's ticket in that little kitchen! We decorated the hall and filled it with eager new members dressed in their Sunday best! Great memories from the past!

**CB55+ WINTER GROUP SCHEDULE**

GROUP	DAY	TIME	ROOM	LEADER	NOTES
Art Goup	Monday	1:30 - 4:00	Studio	Jane Bishop 477-6206	Ends Dec. 18 Resumes Jan. 8
Artisan Crafts	3rd Wednesday	7:00-9:00 pm	Studio	Barbara Wade 655-1295	Ends Dec. 20 Resumes Jan. 17
Blue Heron Singers	Thursday	2:30 - 4:00	Big Room	Pat Robertson 479-4271	Ends Dec. 14 Resumes Jan. 11
Book Club	4th Tuesday	1:30 - 3:30	Studio	Sue Jergens 479-2226	Ends. Nov. 28 Resumes Jan. 23
Bridge - Drop-In	Monday Wednesday	9:00 - 11:00 1:00 - 4:00	Studio Big Room	Karen Bryan 896-1201 Orma Paton 658-4805	Ends Dec.18/ 20 Resumes Jan. 8/10
Cribbage	Wednesday	1:00 - 3:00	Lounge	Lindie Schwartz 658-1940 Rikki Bowman 382-6197	Ends Dec. 20 Resumes Jan. 10
Digital Photography	1st & 3rd Friday	10:00 - 11:30	Studio	Diane Anderson 477-8255 Diane Cowden 477-4571	Ends Dec. 15 Resumes Jan. 19
Dominoes	3rd Tuesday	1:30 - 3:00	Studio	Rikki Bowman 382-6197	Ends Dec. 12 Resumes Jan. 16
Family History	1st Tuesday	1:00 - 3:00	Lounge & Studio	Diane Anderson 477-8255	Ends Dec. 12 Resumes Feb. 6
Happy Strummers	Wednesday	11:15 - 12:30	Seaside Room	Carolyn Acs 388-0354 Pat Carfra 479-9118	Ends Dec. 13 Resumes Jan. 10
Hiking Group	Friday	8:50 - 12:00	Fowler parking	Stew Arnold 721-2870	Year Round
Hotshots	Monday	10:00 - 11:30	Badminton Hall	Lorne Brack 479-8689	Jan. 8 - Mar. 19
Mah Jong	Friday	1:00 - 4:00	Studio	Mary Horton 658-4801 Glenda Kirk 658-1260	Ends Dec. 22 Resumes Jan. 12
Men's Fitness	Monday & Wed.	8:30 - 9:25	Big Room	David Docherty 658-8303	Year Round
Men's GHOTH	Various Days	day trips	Off-site	David Docherty 658-8303	Contact Leader
On The Go Again	Friday	1:30 - 3:30	Big Room	Bobbi Johannessen 658-8824 Gwen McPherson 658-5451	Ends Dec. 15 Resumes Jan. 12
Pickle Ball	Tuesday	1:45 - 3:45	Comm. Place	Ed Bancroft 380-2411 Ted Dobie 477-5066	Ends Dec. 19 Resumes Jan. 2
Poetry Reading	1st/3rd/ 4th Thurs.	10:00 - 12:00	Studio	Ron Marken 778-265-9949	Ends Dec. 21 Resumes Jan. 18
Studio Group	Wednesday	1:30 - 4:00	Studio	Vivienne Smith 382-4618	Year Round
Walking Group	Friday	9:30 - 11:00	Various Trailheads	Pat Bancroft 380-2411 Margaret Bates 544-2177	Year Round
Walking with Dogs	Friday	9:15 -11:30	Various Trailheads	Christine Smith 727-8544	Year Round
Wednesday Eve. Games	2nd & 4th Weds.	7:00 - 9:00	Lounge	Brenda Hurd 658-6484	Ends Dec. 13 Resumes Jan. 10



## GROUP NEWS

**Art Group** - We are looking forward to painting seasonal windows again at the Centre, with the help and expertise of Val Baba. We also hope to have an exhibition of some of our work in the new year (more information to come).

**Bridge Group (Wednesday)** - are a great group and often have 7 tables of enthusiastic bridge players. Come and join us!

**Blue Heron Singers** - The theme of our Christmas program this year is "Aromas and Tastes of the Season." We plan to share songs, stories and poems on Tues., Dec. 12, at 10:00 and invite you to join us! We are also joining with the Cordova Bay School in their annual Food Drive for the Mustard Seed Food Bank, which starts Fri., Dec. 1, until Thurs., Dec. 21. All CB55+ members are welcome to contribute nonperishable food items during that time. Tables will be set up in the school hallway for food donations. Finally, everyone is welcome to join us on Thurs., Dec. 14, from 2:30 to 4:00, for our annual Community Christmas Sing, which is an informal and friendly afternoon of holiday singing and merry making. When the choir resumes singing in January, we'll begin to share ideas for our Ceilidh on March 13! We love to welcome new singers any time.

**Walking Group** - now numbers 37 members! We will continue to meet at 9:30 am throughout the Christmas Holidays, and will continue our weekly 60 - 90 minute Friday morning walks in 2018. All the walkers are active travellers, so there is no concern if people are away on vacation!

**Pickle Ball** - In the new year, we plan to continue the IG Pickleball Program with Grade 4 and 5 students of Cordova Bay School. Watch for details on this intergenerational program coming soon!

**Happy Strummers** - welcome ukulele enthusiasts Wednesday mornings from 11:15 to 12:30. Playing a ukulele is a social outlet. It is rewarding, enriching and enjoyable to sing and strum with others. Visitors are welcome to join us! We will be joining the Blue Heron singers for their Christmas Sing on Dec. 14.

**Hotshots** - We are planning two 10-week hotshot sessions for the first half of 2018. The dates are January 8 to March 19 and April 9 to June 18, with statutory holidays excluded. Players must pay an initial cost of \$15.00, plus \$2.00 each week they attend. Register in the CB55+ Office.

**Book Club** - Even though we end our meetings for the year on Nov. 28, we will be going out for a Christmas lunch on Dec. 12 where we will be discussing book choices for early 2018. We welcome new members!

**Dog Walking Group** - meets every Friday at 9:15 at different locations, usually alternating between Sidney area and Victoria, to be fair to those who live in North Saanich. There are usually about 7-10 dogs and 3-5 adults. We walk off-leash, if possible, for about 1-1 ½ hours and then go for coffee somewhere close to the walk. We would be delighted to see more members with their dogs join us! Please contact Christine Smith (250-812-7193 or [chrismith3@shaw.ca](mailto:chrismith3@shaw.ca)) to get the walking location for the week.

**Studio Group** - will be holding a Craft and Bake sale on Tuesday, Dec. 12 after Drop-in, and also on Wednesday, Dec. 13, following lunch. There will be lots of great gifts for Christmas! If members would like to offer some baking for sale, we would be most appreciative, and will give them 10% off any items they purchase at the sale as a thank-you! Drop off your baking by Dec. 12 at the Office to get your name on a list for the 10% discount. As well, the Studio Group will be donating hats, scarves, and a small gift (as well as some of the proceeds from the sale) to needy families that attend Cordova Bay School for Christmas.

**Family History** - Join other family history buffs, experienced and novice, on the first Tuesday of each month to learn more about navigating offline/online resources and creating lasting memories through family trees, slideshows, and books. After a field trip to the new location of the Victoria Genealogical Society Dec. 12, members will look forward to more member presentations and at least two guest speakers in Spring 2018.

**Digital Photography** - members share their enjoyment of photography by learning to improve both photographic and editing skills and using favourite photos in individual projects (books, cards, calendars and presentations). Photo shoots off site are also enjoyed. Novice and experienced photographers are welcome.

**WINTER CB55+ COURSES - Register and pay for these courses at the CB55+ Office:**

- iPad Beginner** - Monday, Jan. 15 - Feb 26 (no class Feb. 12), 10:45 - 12:15 pm Big Room  
Fee: \$60/6 sessions (min. 10) Instructor: Monica McGarrigle
- iPad Intermediate** - Monday, Jan. 15 - Feb 26 (no class Feb 12), 1:30 - 3:00 pm Big Room  
Fee: \$60/6 sessions (min. 10) Instructor: Monica McGarrigle
- Make up for Mature Women** - Thursday, Jan 18, 1:00 - 3:00 pm Studio  
Fee: \$10/1 session (min. 10; max. 14) Instructor: Erin Bradley
- Felting** - Thursday, Feb 8, 12:00 - 4:00 pm Studio  
Fee: \$70/1 session, including all materials (min 10) Instructor: nancdesigns
- Bridge - Progressing from Beginner** - Monday, Feb 26 - Apr 9 (no class Apr 2) 11:00 - 1:00 pm  
Studio Fee: \$75/ 6 sessions (8 players) Instructor: Michael Dickie
- Estate Planning- Papers in Order** - Thursday, March 1, 1:00 - 4:00 pm Studio  
FREE Instructor: Pat Bancroft
- Mah Jong Beginners** - Monday, March 5 - 26, 1:00 - 3:00 pm Seaview Room  
Fee: \$50/4 sessions (8 players) Instructor: Leslie Thompson
- Writing Memoirs** - Thursday, March 8, 1:00 - 4:00 pm Studio **Pending**
- Chess Lessons** - Thursday, March 15 - 29, 1:00 -3:00 pm Studio Instructor: TBA
- Flower Techniques** - Thursday, April 12, 1:00 - 3:00 pm Studio Instructor: TBA

**WINTER SAANICH COURSES - Call Saanich Recreation at 475-7600 to register:****Gentle Yoga**

- 876567 Sunday, Jan. 7 - Feb. 25 2:00 - 3:00 pm 7/\$56 Instructor: Tessa Rae Hamelin
- 876566 Tuesday, Jan. 9 - Feb 27 3:00 - 4:00 pm 8/\$64

**Hatha Yoga**

- 876581 Monday, Jan. 8 - Feb. 26 5:00 - 6:00 pm 7/\$56 Instructor: Christina Corazza

**Tessa Rae Yoga**

- 876578 Thursday, Jan. 4 - Feb. 22 7:15 - 8:15 pm 8/\$64 Instructor: Tessa Rae Hamelin

**Line Dancing**

- 876654 Friday, Jan. 12 - Mar. 30 10:00 - 11:15 am 12/\$90 Instructor: Vicky McCulloch

**FOR DESCRIPTIONS OF ALL COURSES OFFERED AT CB55+, please check our website!**

**ON-GOING CB55+ ACTIVITIES** (Registration and payment is required at the CB55+ Office)

**Osteofit:** Wednesday, 10:00 - 11:00 am and Friday, 9:00 - 10:00 am, Courtyard Room. 10/\$60  
Kay Inamura, Instructor **(These classes will not be running over the Christmas holidays).**

**Women's Fitness:** Monday, 9:30 - 10:30 and Thursday, 9:30 - 10:30, Big Room. 10/\$60  
Viera Janco, Instructor **(These classes will not be running over the Christmas holidays).**

## 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
Velma Minckler	Services/Membership	658-8987
Mike Mooney	Services/Facility	658-4801
Tom Wood	Director at Large	477-1682
Sue Williams	Director at Large	361-6647
Von Bishop	Services/IT Coord.	477-6206

## MEMBERSHIP

The **annual fee** for membership is \$40.00. **NEW** members joining after July 1 will pay only \$20 for the remainder of the year until Dec. 31. **NEW** members joining after Oct. 1 will pay only \$10 for the final quarter of the year, to Dec. 31. **ALL** members are required to pay \$40.00 on Jan.1, when renewing their existing membership.

**Renewal fees for 2018** will be accepted by the office commencing **Dec. 1**. Don't delay!

**FOR YOUR INFORMATION:** The CB55+ Garden Group has a library collection of gardening books, and in order to keep the library, this group needs a new leader. There has been a request to use the library space for other purposes, so this is a last call request for a new leader. Contact Duana at [duanabob@gmail.com](mailto:duanabob@gmail.com) for more information.

## BY THE WAY

We would like to remind members that there are meals available for those who are under the weather OR who need temporary help with meals, through the **CB55+ Outreach Meal Program**. Meals can be picked up at the Centre or delivered. We can also provide a list of companies that provide meals for a longer term. Call the office (250-658-5558) if you know of someone who could use our program, which is designed to complement, not replace, other CB55+ meal programs.

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

## DROP-IN TUESDAY SCHEDULE

Big Room, 10:00—11:30 am

(Please check the website for up-to-date info.)

### DECEMBER

- Dec. 5 Christmas Luncheon - Beach House
- 12 Blue Heron Singers
- 19 Christmas Open House Social

### JANUARY

- Jan. 9 Woodwyn Farm - Richard LeBlanc
- 16 Cordova Bay Gravel Pit Development
- 23 Armchair Travel - Baltic Cruise - Cornelia & Mikkel Bonnor
- 30 DNA and its value in Genealogical Research - Dave Obee, Times Colonist

### FEBRUARY

- Feb. 6 Chinese New Year - "And a Bird Sang" - Diane Bestwick
- Feb. 13 Valentine Celebration - Musical Morning
- Feb. 20 Imbue App - Tagging Family Treasures with your voice and memories - Keith Wells
- Feb. 27 Dying with Dignity - Dr. Green

### MARCH

- Mar. 6 Railway Knitting -Teaching knitting to passengers on journeys across Canada - Dela Wilkins
- Mar. 13 St. Patrick's Day Ceilidh - Blue Heron Singers
- Mar. 20 CB55+ AGM
- Mar. 27 Armchair Travel – Tibet, China, Yangtze River and Hong Kong - Pat & Ed Bancroft

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

DEC./JAN.		Seaside	Courtyard	Studio	Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 9:25 am Women's Fitness 9:30-10:30 <b>iPad Beginner's</b> 10:45-12:15 Jan. 15 - Feb. 26		Drop-in Bridge 9:00 - 11:00 am		Hot Shots, 10:00-11:30 am Badm.Hall Jan. 8 - Mar. 19
	pm	<b>Hatha Yoga</b> 5:00 - 6:00 pm Jan. 8 - Feb. 26 <b>iPad Intermediate</b> 1:30-3:00 Jan. 15 - Feb. 26		Art Group 1:30 - 4:00 pm		
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30 am				
	pm	<b>Gentle Yoga</b> 3:00 - 4:00 pm Jan. 9 - Feb. 27		Family History, 1:00 - 3:00 (1st Tues) Dominoes, 1:30 - 3:00 (3rd Tues.) Book Club, 1:30-3:30 (4th Tues.)		Pickle Ball 1:45 - 3:45 pm Saanich Commonwealth Place
Wednesday	am	Men's Fitness 8:30 - 9:30 am Osteofit 10:00 - 11:00 am Ukulele Group 11:15 - 12:30		<b>Make-up for Mature Women</b> 1:00 - 3:00 Jan. 18	Blue Heron Cafe 11:30 - 12:30 pm	
	pm	Bridge Group 1:00 - 4:00 pm		Studio Group 1:30 - 4:00 pm Wed. Eve. Games 7:00 - 9:00 pm (2nd & 4th Wed.) Artisan Crafts 7:00 - 9:00 pm (3rd Wed.)	Cribbage 1:00-3:00 pm	
Thursday	am	Women's Fitness 9:30 - 10:30 am		Board Mtg. 9:00 - 11:00 am (2nd Thurs) Poetry Group 10:00 - 12:00 pm (1st/3rd/4th Thurs.)		
	pm	Blue Heron Singers 2:30 - 4:00 pm <b>Tessa Rae Yoga</b> 7:15-8:15pm Jan. 4 - Feb. 22				
Friday	am	Osteofit 9:00 - 10:00 am <b>Line Dancing</b> 10:15-11:30 am Jan. 12 - March 30		Digital Photo 10:00 - 11:30 am (1st & 3rd Fri.)		Hiking Group - Fowler Park 8:50 Walking Grp 9:15 Walking with Dogs, 9:15 am
	pm	On the Go Again 1:30 - 3:30 pm		Mah Jong 1:00 - 4:00 pm		