



Blue Heron News

Cordova Bay 55 Plus Association

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WHAT'S COMING UP

Tues., Dec. 4 - Christmas Lunch at the Beach House, Doors open 11:00 am

Thur., Dec. 6 - Cordova Bay School Book Sale, 8:00 - 4:00 pm, .50 cents/book

Thur., Dec. 6 - Christmas Lunch at the Cordova Bay Golf Club, Doors open 11:00

Tues., Dec. 11 - Christmas Celebration with the Blue Heron Singers

Tues., Dec. 18 - Christmas Open House

Tues., Dec. 18 and Wed., Dec. 19 - Craft & Bake Sale - Studio

Tues., Jan. 8 - Gala - Welcome the New Year at CB55+

Tues., Feb. 5 - Chinese New Year - Lunch provided by Halibut House

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

PRESIDENT'S MESSAGE

On Oct. 30, Tatsuya Tsujimura, Science Writer and Nuni Takahashi, photographer from Kyodo News (Japan) came to the Centre to document the activities of Seniors in Saanich. CB55+ is the first organization to participate in this interesting project. Tatsuya and Nuni spent three days documenting the following activities: Tues. Drop-in, Blue Heron Singers, Pickle Ball, Walking Group, Men's Fitness, Bridge, Cribbage, Ping Pong, Mah Jong, and On the Go Again, as well as some Intergenerational Programs: Support a Reader, Lego, Pickle Ball and Cooking. Many thanks to the Principal, Mary Lynn Heron, for organizing 10+ students to participate in the IG programs and allowing us, during class time, to invade the school halls and gym. Thanks also to many of our members who went above and beyond to make Nuni's and Tatsuya's experience so memorable and successful.

On Nov. 5, the Honourable Darryl Plecas, Speaker of the House of Legislative Assembly hosted the Governance Committee and Gwen MacPherson for lunch and a meeting to establish future possibilities for collaboration and assistance with future developments within CB55+. Another meeting is scheduled Feb. 2019.

The CB55+ Space Committee continues to examine current and future needs of our growing Association. The new Director of Facilities with School District 63 met with the committee, and gave the green light for CB55+ to create a rough plan for an addition to the Big Room.

On behalf of the Board I wish you a Merry Christmas and a healthy and fulfilling 2019! Louise Parton



The CB55+ Centre will be closed from December 24 through January 1, but will be open Jan. 2, 3, and 4 from 9:00 am to 3:00 pm for members to come and socialize. The Office is closed during the holidays.

THEATRE AND MUSIC

For information on all the music and theatre events in Victoria, please check the bulletin board by the kitchen. We are very grateful to Hazel Bowman for keeping us up to date on cultural events happening in Victoria. If you are interested in going to a play or concert, contact Hazel Bowman at (250)658-5928 or hibow@shaw.ca and she will help arrange tickets and possible car pools. The CB55+ Office does not register members or provide tickets for cultural events in the community.

SPECIAL EVENTS

Royal BC Museum Archives - Monday, February 18, 10:30 - 11:45 am. Max. 20. FREE, carpooling
Overview of the archives, tour of the reference room, and behind-the-scenes peak at the museum.

Church and Chocolate Tour - Mon., March 4, 1:00 - 4:00 pm. Max. 20. \$40/person, carpooling
This tour includes 5 chocolate stops and behind-the-scenes look at two places of worship (Christ Church Cathedral & Emanu-El Synagogue). There will be 45 minutes of light walking. Members will meet at Bernard Callebaut (621 Broughton St.) the tour will end the at Emanu-El Synagogue.

Pearson College Global Affairs Speaker Series & Tour - Thursday, April 11. Max. 25.

Cost \$25/person (includes lunch, tours, presentation). Carpooling 10:30 from CB55+.

11:45 am - arrival on campus. Parking is next to the tennis court.

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

1:00 pm - Presentation in Admin. building

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

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

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

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

BLUE HERON CAFE NEWS

Lunches are held at the Centre every Wednesday. **NOTE:** there will not be any lunches served on the first Wednesday in December or throughout the Christmas holidays. Menus for upcoming lunches in December and January are the following:

Dec. 12 - Lasagna (Meat **OR** Tomato Sauce), Caesar Salad, Garlic Bread, Bumble Berry Crumble

Dec. 19 - Tourtiere with Gravy, Mashed Potatoes, Vegetable, Pavlova

Jan. 9 - Thai Coconut Chicken Soup **OR** Carrot Apple Bisque, Focaccia Bread, Apple Gallette

Jan. 16 - Beef Stroganoff, Pasta, Vegetable, Key Lime Pie

Jan. 23 - Robbie Burns Lunch - prepared and served by the Men's Group (Thanks guys!)

Check the website or the bulletin board in the Reception area for lunch menus later in January and beyond! Tea and Coffee are included with lunch, for only \$8.00! Come and socialize with other members and enjoy a great lunch at a great price!

INTERGENERATIONAL PROGRAMS

Friday IG Programs - will finish on Dec. 14. Fourteen members have been meeting with up to 44 children at lunch time to participate in cooking, lego, board games etc. Any members who wish to participate in these IG activities can sign up at the Office, or email Pat Ball at pball@shaw.ca,

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

Pickleball Clinics - We plan to run four teaching sessions, beginning in mid-January, over a four-week period for all four Grades 4 and 5 classes. Watch for upcoming details!

Math Club - this new program started in early November and takes place on Monday, Wednesday and Friday mornings from 8:00 - 8:30 in the school library. We play math-oriented games with small groups of children with the intention of making math engaging and fun. An educational assistant guides us. We already have several keen volunteers. We are looking for more volunteers and also spares. Contact Sue Jergens at sjergens@hotmail.com or at 250-479-2226 for further information.



What fun the women had when they got together on Nov. 8, under the guidance of nancdesigns.ca for an afternoon workshop of **Needle Felting!** Each of the 10 women started with a long piece of sheep's wool, and ended with their own creation of an adorable Sea Otter.

REMEMBER WHEN ...

Cordova Bay 55+ Christmas lunch, December 6, 2005 (yes, 13 years ago, before we had a "home") was a "pot luck" affair at St. David's church hall. At the left of the photo is elf, Bobbi Johannessen, and next to her is Moya Johnson and Bev Turkington. At the right of the picture, complete with antlers, is our very own Shirley Metters. Many other current members are in the background. No tickets were needed! As long as you brought a contribution to the lunch, all were warmly welcomed!



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

Blue Heron Singers - We have had a busy fall season, and have happily welcomed some new singers to our group. For the first time, our choir was invited to participate in the school's Remembrance Day Assembly. It felt like a privilege to be part of it. The theme of our CB55+ Christmas program this year is "Christmas Holiday Traditions." We plan to share songs, stories and poems on Dec.11, at Tuesday Drop-In and we invite all members to join us. On Dec. 13, we plan to visit and sing with the people at the Adult Day Centre at Cordova Bay United Church Hall. This is something we have enjoyed doing for eleven Christmases. Finally at our last Thursday meeting on Dec. 20, everyone is welcome to join us for a Community Christmas Sing. Our first sing in the new year will be on Thursday, Jan.10, 2019, when we'll begin sharing ideas for our Ceilidh on March 12.

Walking Group - numbers have swelled to 44 members! We walk on Fridays at 9:30 am from a variety of departure points. The 60-90 minute walks have taken us on wondrous mystery tours of places in and around Victoria that we didn't know existed. Members are very diligent in taking their turn at researching out new and exciting walks. All walks end with coffee at a variety of interesting locations. Walks will continue throughout the Christmas and New Year holidays.

Pickleball Group - There are 54 members registered for Pickleball, and the most we have had out at one time is 34! Fortunately, many of our members do a fair amount of travelling so the numbers are usually between 16 and 22, which permits everyone to have time on the courts. We play twice a week at McMinn Park (weather permitting) and weekly at Saanich Commonwealth Place. We have two more Thursdays at Commonwealth Place: Dec. 6 and Dec. 20 at 1:15 - 2:45 pm. To become a member of this group, beginners must have taken beginner's lessons in advance from a local recreational centre such as Saanich Commonwealth, Henderson Park, etc. The major difference between our group and many other Greater Victoria groups is that everyone plays with all levels and has FUN while doing so. A lot of laughing takes place! We will continue to play over the holidays. To confirm dates and times, please contact Pat Bancroft at patbancroft@telus.net.

Hot Shots Group - meets Monday from 10:00 - 11:30 in the basement of the Badminton Hall, 941 Sutcliffe Road (coffee at the Centre afterwards). If you would like to try target shooting with air powered competition target pistols in a safe environment, sign up at the CB55+ office. The cost is \$15.00 sign-up fee and an additional \$3.00 per session attended. The next dates are January 7th to March 18th, 2019. Contact Lorne Brack (lorne.brack@icloud.com, 250-479-8689) with any inquiries.

Bridge Group - Our last Bridge day of 2018 will be Wednesday, December 19. We will be starting in 2019 on January 2 with a free sandwich lunch at noon followed by our usual Bridge. Since this lunch is made possible by all those loonies you have given all year, we hope that everyone who has played Bridge with us in 2018 will be able to attend. Orma and Claudette.

On-The-Go-Again - meets on Friday, from 1:30 to 3:30, to chat, listen to a speaker, play games, watch an armchair travel presentation, reminisce, and have tea together. This group of about 20, along with several "helpers," have a warm social time together. We "solve the world's problems," cook up all sorts of advice for our politicians, and try to understand what in the world is going on in our grandkids' worlds. Our last meeting will be Dec. 14 when we will be filling Christmas mugs with greenery and flowers to grace our tables as centrepieces over the holiday season. Thanks to our "gardening" members who help us out. Come and join us – you would be amazed at how we turn some of the ugliest Christmas "mugs" into works of art! After the Christmas break, we will start on Friday, January 11. Join us at 1:30 for a cup of tea and some goodies. MANY THANKS to Bill Shypitka who faithfully puts up chairs and tables for us every Friday. Also MANY THANKS to Doug, Stew, Peter and other members of the men's exercise group who clear away the tables and chairs at the end of the day.

Studio Group - is hosting a bake and craft sale on Tuesday, Dec. 18 and Wednesday, Dec. 19! Details will be coming soon! Check the website and/or the bulletin boards, and come and buy some Christmas treasures!

GROUP NEWS CONTINUED

Art Group - our last meeting before Christmas break will be Dec 17 and our first meeting in the New Year will be on January 7. We continue to inspire and encourage each other as we work creatively together with the plan to show our new work in the spring. We invite all persons interested in seeing what we are up to to drop by the Studio on any Monday afternoon from 1:30 - 4:00 pm.

Digital Photography - will end its sessions for 2018 on Friday, Dec. 7, and will start again Jan. 18, 2019, at 10:00 am in the Studio. Interesting photos are being shown from mobile phones and fancy cameras as we practice our composition and editing skills, as well as improving our knowledge of presentation software.

Family History - will not meet again until Tuesday, February 5, 2019, at 1:00 pm in the Studio. As well as having guest speakers and staying in touch with local and internet resources, members share their family stories and projects. If you need motivation to get started or continue with your genealogy pursuits, join us.

Mah Jong - will continue to play through the holidays, except for Dec. 28, at our regular time on Fridays from 1:00 - 3:30. A beginners' class of four sessions will be offered in the New Year provided there are at least 8 participants. The sign up sheet for those interested in learning the Western style of Mah Jong is in the folder in the Lounge.

Book Club - will enjoy a Christmas lunch on Tuesday, Dec. 11 at 1:00 pm. We will resume our regular monthly meetings on Tuesday, Jan. 22, 2019. We have had several new members join our group in 2018. New members are always welcome!



BY THE WAY

Anyone interested in playing ping pong? There is a sign-up list in the Lounge. We hope to play on Thursday afternoons between 12:30 and 1:30 pm. You don't need to have experience, just come and play for fun and exercise! Contact Brenda Hurd at brendarhurd@gmail.com or 250-658-6484 for more information.

VOLUNTEERS

A big thank you to Zahra Carino, Pharmacist, who provided **flu shots** to our members on Oct. 30 and Nov 6. Forty-five vaccinations were given over the two sessions. This is an annual outreach for the local IDA Pharmacy and we are so fortunate to have them in our neighbourhood.

Dr. Chris Pengilly provided **blood pressure checks** prior to the Nov. 13 Tuesday Drop-in. His time, expertise, and kindness is much appreciated.

If you would like to volunteer in any way, contact Doris Brix at (250)479-7420 or dbrix@shaw.ca for information about where you can help!

OUTREACH MEAL PROGRAM

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

"My family enjoyed the food sent from the Centre. It was delicious and served us two meals. The dessert was to die for! Unfortunately, I could not eat any of it but my husband and my friend enjoyed the whole meal. It was thoughtful and appreciated."

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

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

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

Tai Chi - Monday, Jan. 14 - March 25, 1:00 - 2:00 pm. 10/\$50 Instructor: Keith Laverty
THIS CLASS IS FULL! Big Room

Tai Chi is an ancient Chinese movement art which is practiced by millions of people worldwide, and is renowned for its health benefits. In this class, students will learn the fundamentals of Tai Chi, with a focus on balance, posture, breathing, and movement based on the principles of Yin and Yang. We will begin learning the movements of the classical Chen Tai Chi form, as well as a few simple Qi Gong exercises.

Make up for Mature Women - Thursday, Feb. 21, 11:00 - 1:00 pm Cost: \$10 Courtyard Room
Minimum: 10 registrants. Instructor: Erin Bradley

Erin, an aesthetician and make-up artist, has provided this fun two-hour session in the past, and participants have enjoyed her tips and tricks. No product promotion involved.

Advanced Care Planning - is a process of reflection and communication, a time to reflect on your values and wishes and to let people know what kind of health and personal care you would want in the future if you were unable to speak for yourself. This 2-session workshop, that took place this fall, will be offered again in the new year. Sign up on the wait-list in the office if you are interested. Max 15 participants, with expectation that both sessions will be attended. Cost: \$5.00.

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

Gentle Yoga

17935 Tuesday, Jan. 8 - Feb. 26 3:00 - 4:00 pm 8/\$68 Instructor: Tessa Rae Hamelin
17936 Tuesday, Mar. 5 - Apr. 23 3:00 - 4:00 pm 8/\$68 Big Room

Hatha Yoga

18554 Monday, Jan. 14 - Mar. 11 5:00 - 6:00 pm 8/\$68 Instructor: Christina Corazza
17939 Monday, Apr. 1 - June 17 5:00 - 6:00 pm 10/\$85 Big Room

Line Dancing

17918 Friday, Jan. 11 - Mar. 29 10:00 - 11:15 am 12/\$84 Instructor: Vicky McCulloch
17919 Friday, Apr. 5 - June 28 10:00 - 11:15 am 12/\$84 Big Room

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



CB55+ Board Of Directors 2017

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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

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

TUESDAY DROP-IN SCHEDULE

Big Room, 10:00—11:30 am

(This schedule is TENTATIVE and subject to change! Check the website for up-to-date info. or phone the office for speaker confirmation)

DECEMBER

- Dec. 4 Christmas Luncheon - Beach House
- 11 Christmas Celebration - Blue Heron Singers
- 18 Open House

JANUARY

- Jan. 8 Gala - Welcome the New Year
- 15 Armchair Travel - Northwest Territories - Erich & Ruth Schulz
- 22 Donald Trump's America - Dr. Janni Aragon
- 29 Estate Planning and Wills

FEBRUARY

- Feb. 5 Chinese New Year - Halibut House Lunch
- 12 Valentine's Day Celebration - Musical Morning and Goodies
- 19 Sports Tourism - Keith Wells
- 26 Armchair Travel - Viet Nam & Cambodia - Dave & Angie Docherty

MARCH

- Mar. 5 Thrifty's Sendial Programme - Lynanne Smith, Coordinator
- 12 St. Patrick's Day Ceilidh - Blue Heron Singers
- 19 Armchair Travel - A Trek in the Dolomites - Michael Phillips
- 26 CB55+ AGM - Soup & Sandwich Lunch

BY THE WAY

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



The Walking Group enjoying a Fall Day

MEMBERSHIP

Annual CB55+ membership fees are soon due! January 1, 2019 is fast approaching, and at that time **ALL** current members who wish to continue as members are required to pay their \$40.00 annual membership fee. Office volunteers will gladly accept payments during the month of December from members who will be out of town in early 2019. Please remember that to continue to participate in any activity sponsored by CB55+, one must first be a paid-up member.

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

DECEMBER		Seaside	Courtyard	Studio	Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 9:25 am Women's Fitness 9:30 - 10:30 am		Drop-in Bridge 9:00 - 11:00 am		Hot Shots 10:00 - 11:30 am Badminton Hall
	pm	Hatha Yoga 5:00 - 6:00 pm Ends Dec. 17		Art Group 1:30 - 4:00 pm		Pickle ball 1:30 - 3:30 pm McMinn Park
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30 am				
	pm	Gentle Yoga 3:00 - 4:00 pm Ends Dec. 11		Family History, 1:00 - 3:00 pm (1st Tues in Feb. Dominoes, 1:00 - 3:30 pm (3rd Tues.) Book Club, 1:30-3:30 (4th Tues.)		Pickleball 1:30 - 3:30 pm Saanich Rec. Centre
Wednesday	am	Men's Fitness 8:30 - 9:30 am Osteofit 10:00 - 11:00 am Happy Strummers 11:15 - 12:30 pm			Blue Heron Cafe 11:30 - 12:30 pm	
	pm	Bridge Group 1:00 - 4:00pm		Studio Group 1:30 - 4:00 pm	Cribbage 1:00-3:00 pm WEG 7:00 - 9:00 pm (2nd & 4th Wed.)	
Thursday	am	Women's Fitness 9:30 - 10:30 am		Board Mtg. 9:00 - 11:00 am (2nd Thurs) Poetry Group 10:00 - 12:00 pm (1st Thurs. in Dec.)		
	pm	Blue Heron Singers 2:30 - 4:00 pm				Pickleball 1:30 - 3:30 pm McMinn Park
Friday	am	Line Dancing 10:15 - 11:30 am Ends Dec. 14		Digital Photo 10:00 - 11:30 am (1st Fri. in Dec.)		Hiking Group - Fowler Park 8:50 Walking Grp 9:30 Walking with Dogs, 9:15 am
	pm	On the Go Again 1:30 - 3:30 pm		Mah Jong 1:00 - 4:00 pm		