



# Blue Heron News

## Cordova Bay 55 Plus Association

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## PRESIDENT'S MESSAGE

Welcome to the Winter edition of the Blue Heron News. Thank you to all those who contributed to this newsletter.

We enjoyed a successful, but limited re-opening of the Centre from October 14 to November 19, when concerns over the increasing rate of COVID infections in the Province resulted in a Public Health Order restricting activities and once more the closing of the Centre.

We were optimistic that the hard work by the Re-opening Committee, under **Jan Grewar's** leadership, would allow us to operate on a limited basis going forward (see **Our Amazing Volunteers**, on pg. 9 of this edition, for our gratitude to the Re-opening Committee). Ten Special Interest Groups (SIGs and Programs came back to the Centre in the month it was open, including the Tuesday Morning Drop-In (renamed Social Gathering). It was great to see **Barb Waldner** back in her element, keeping us entertained and engaged like old times. We successfully Zoomed (nominated for new word of the year) one of these sessions, allowing our members to join us from home. (See pg. 11 for more details). Some SIGs are meeting via Zoom while the Centre is closed, and others are continuing their activities outside the Centre while following Public Health rules (see the updated Activity Schedule on the last page).

I am pleased to announce that the electronic payment system is up and running. Members can now renew their membership and pay for activities directly on our website. Many thanks to the Integrated Management Systems Committee, under **Dave Docherty's** leadership for their hard work to make this project a success.

I know that you appreciate the communications we maintain with our membership by way of the BHN, Update Letters, emails and the website, to keep you up to date on what is happening with CB55+. We feel this is especially important at this time when we are unable to meet in person. Although this is a team effort, **Sue Jergens'** initiative and coordination in keeping you informed is appreciated and deserves special mention. (Con't pg. 2)

## WHAT'S COMING UP

**The Centre is currently closed to CB55+ members, although this is subject to change! Please check our website for up-to-date information on re-opening plans!**

**NOTE: When the Centre opens again, please park in the parking lot off Sapphire St. or on Cordova Bay Rd. Do not use the school parking lot (reserved for teaching staff).**

**Covid-19 Safety Rules are posted throughout the Centre, and must be followed. All members must sanitize their hands upon entry, sign their name, wear a mask, and keep a social distance of 2 metres. Room occupancy maximum limits are the following:**

**Big Room: 24 (static); 12 (active)**  
**Studio: 8**  
**Lounge: 10**  
**Office: 1**  
**Kitchen: 3**



(Continued from pg.1) CB55+ is all about volunteers and team work to make it the wonderful organization it is. Thank you to the **Fab 5** for their inspiration, and to all the past and current volunteers for your dedicated commitment to CB55+.

I wish you and your family and friends all the best for a Merry Christmas. It's sad but necessary that we have had to cancel our usual seasonal festivities this year. We will stay in touch with each other even if it means we have to do it electronically, and I remain optimistic that we can be together in the not too distant future. **Stew Arnold**

## SPECIAL EVENTS \*\*\*CHRISTMAS GREETINGS\*\*\*

Since we cannot have our Christmas lunches or other special events usually held at this time of year, we are doing something we think will be extra-special! we hope to share memories of past Christmases at CB55+ and holiday greetings from our members. Everyone is welcome to email their submissions to the CB55+ Office, and we will include them in a special Christmas letter for all the membership to enjoy. There must be lots of stories over the years that many CB55+ members have about food, music, laughter, friendship, etc. that will bring us some joy about this year's Christmas! Watch for details in upcoming emails from the Board.



## INTERGENERATIONAL PROGRAMS

Unfortunately none of the IG programs can be offered at this time because of the pandemic. We cannot put the children or ourselves at risk at this time. We hope that the situation will be much improved in 2021, so that our members and the students attending Cordova Bay Elementary can again benefit from the popular and successful Intergenerational programs they have enjoyed in previous school years.



## TRUSTED TRADES

Have you checked the popular Trusted Trades list yet? The feedback has been positive! This is your go-to source for reliable tradespeople, as recommended by our members. There are over 40 different trades in a variety of areas:

Home Improvement, Handyman & Renovations, Construction, General Repairs, Carpentry, Electrical, Plumbing, Small Appliance Repair, Painting & Decorating, Carpets & Flooring, Upholstery Cleaning, Furniture Repair & Refinishing, Interior House Design, Window Cleaning, Furnace & Chimney Cleaning, Roof Cleaning, House Exterior & Painting, Storage Sheds, Tree Maintenance, Yard & Garden, Clean Up & Haul Away, Automotive, Automotive Painting, Shipping & Crating, Dog Boarding, Alterations & Sewing Needs, Locksmith, Jewelry Repair, Computer Maintenance & Repair, and Computer Tutoring.

So, if you need something done around your home, or have another need that might be filled by a recommended tradesman, don't delay! If you would like a copy of the Trusted Trades list, or if you would like to recommend a trade you've been pleased with and want to add it to the list, please contact Elizabeth Carson at [elizacarson@hotmail.com](mailto:elizacarson@hotmail.com).

**GROUP NEWS** (Many of our CB55+ Groups have not been able to meet, due to the pandemic this year, so they do not have an update of their activities. For a complete listing of all CB55+ groups that hope to resume at some future date, please see our website.)

**Fall Prevention - (Formerly Osteofit)** has been a very popular class, with normally anywhere from 8 to 16 members showing up each week. This Fall, due to Covid-19 concerns, we were averaging 5 to 6 members per class. Then, for personal reasons, our instructor, Kay Inamura, had to postpone some classes, and now we are on hold until the Centre re-opens. We all miss it, both for the social contact, and for our own body fitness. We are anxiously awaiting the go-ahead from Dr. Bonnie Henry to be able to meet again in the Big Room, every Wednesday morning, from 10:30 to 11:30, followed by coffee in the Lounge. The fee is \$60 for 10 sessions, and up to 12 members can attend each week. The focus of the exercises is to build generally balanced muscles, especially core muscles, establish good postures, good reactions, good flexibility, and ultimately prevent falls. Contact Gillian Pearson ([bookend@shaw.ca](mailto:bookend@shaw.ca)) for more information on how to join this group.

**Women's Fitness** - is going well through Zoom and is enjoyed by approximately 12 to 14 ladies, three times a week. We even have a new member from Duncan who has a friend in our group! We are very thankful to have Viera Janco as our instructor, as she is so caring and makes our classes fun. One huge advantage in doing Zoom classes is being able to socialize before and after our classes, especially for those who live alone. For information about how to join this group, contact Sheelagh Carter at [sheelaghcarter@gmail.com](mailto:sheelaghcarter@gmail.com).

**Ping Pong** - moved inside to the Big Room in October, after a great time playing in the Courtyard all summer on our new outdoor table! We now have two tables for our growing number of members. Between 12 and 14 members came each Thursday between 12:00 and 1:30 to play and socialize, safely distanced and masked (although we could remove our masks while playing). We sanitized balls and paddles upon completion, and the competition was keen and friendly! Now that the Centre is closed, we are missing the fun, camaraderie, and exercise that this game brought to us, and we hope to soon play again, once it is safe to do so. Contact Brenda Hurd at [brendarhurd@gmail.com](mailto:brendarhurd@gmail.com).



## GROUP NEWS CONTINUED

**Happy Strummers Group** - After four months of playing our ukuleles in Teresa Thom's beautiful garden in the summer, we came back to the Big Room, dry, warm and grateful in October. Unfortunately, according to the Covid-19 health protocols, we were not permitted to sing together indoors. This certainly affected our satisfaction and also made it difficult for us to keep an even tempo while we played. We remain hopeful that as the virus comes under control, we will be able to gather again to play and perhaps, at some point, also sing together. Before the pandemic, our membership numbered 25, which dropped to 15 members who came for the summer strums. Recently, three new members joined us at the Centre. We so look forward to post-Covid days when all our absent strummers will be with us once again, to a time when we can meet, play, and sing with joy, not worry. For more info., contact Pat Carfra at [plcarfra@shaw.ca](mailto:plcarfra@shaw.ca).

**Poetry Group** - had been happily meeting **every** Thursday from 10:00 to 12:00 pm in the Studio, instead of only three times a month, since the Board was now meeting in the Big Room on the 2nd Thursday of each month. When the Centre re-opens safely, hopefully in the not-too-distant future, our group would like to continue meeting weekly until the Board resumes their meetings in the Studio. For more information, contact Ron Marken at (250)213-2928 or [meander9@gmail.com](mailto:meander9@gmail.com).

**Pickle Ball** - is alive and well. We have been playing indoors at Saanich Commonwealth Place on Tuesdays, 1:30 - 3:30. We must wear a mask at all times except when playing (optional), use only your own ball when serving, and open the doors for more ventilation. In the Winter (Jan - March), because of a favourable response, we will add another day of playing Pickle ball at SCP, on Thursday from 1:30 to 3:30. We also have the outside courts at McMinn Park reserved for CB55+ on Thursdays to Dec. 17, 2020. The minimum number of people who have shown up every Thursday since we started playing at McMinn is 8 people. On Nov. 18, it was drizzling. No matter, 8 people showed up and played for 2 hours. There were no puddles, the courts were not slippery, the ball bounced just fine and the temperature was mild. We had a great time. Come out if you want to play.

**Art Group** - At the beginning of COVID-19 several months ago, the Art Group met through Zoom meetings hosted by Donna Miller. Starting in May, we were able to start gathering at several lovely venues around our beautiful city, including Rutledge Park, Playfair Park, Government House, Cattle Point, Agate Park, Beaver Lake, Mt Tolmie, and Telegraph Cove. We enjoyed a summer of painting, sketching, and socializing outside, but were delighted to return to the Big Room at the Centre on October 19. We very much appreciated the efforts of the Re-opening Committee, who made this a safe possibility. We were also very grateful to David Docherty and the Men's Fitness Group for their help in setting up tables for our group in the Big Room. Until recently, when the Centre had to be closed again, the Art Group was meeting successfully and safely each Monday afternoon from 1:30 to 4:00 pm. We were each inspired and encouraged by the other artists in the room. We hope to be able to gather again soon, and at some future date, we would like to share our work with the membership. For further information, contact Jane Bishop at [janebishop.is@gmail.com](mailto:janebishop.is@gmail.com).



## GROUP NEWS CONTINUED

**Walking Group** - is on hold for now, as advised by Dr. Henry, but we hope to gather again as soon as possible. We have reached our maximum, with the involvement of 40 enthusiastic members. We have developed an on-line registration system to determine which members will be participating in various walks each Friday, with a maximum of six walkers in each group. All members are expected to lead a walk at least once a month. Our walks are 60-90 minutes, whatever the weather, rain or shine, snow or sleet, ending with a coffee stop. Members bring their chairs and a beverage, and the leader(s) provides a snack. Some interesting recent walks have been to: Smith Hill Reservoir, Gowlland Tod Park, Estevan/Upland Park, Langford Lake, Canoe Cove and Curteis Point, Goward House/Queen Alexandra waterfront, Juan de Fuca Park, Panama Flats, Lochside Trail, and Christmas Hill. We hope to resume our walks as soon as possible. Contact Pat Bancroft at [patbancroft1946@gmail.com](mailto:patbancroft1946@gmail.com) or Margaret Bates [margaretbates@shaw.ca](mailto:margaretbates@shaw.ca).

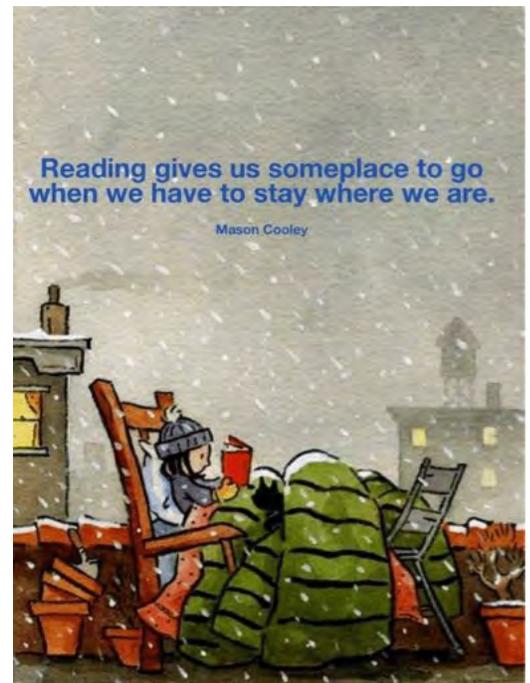


**Hiking Group** - Since the initial closing of the Centre and the restrictions on the size of group activities in March, this group has evolved from one or two group hikes each week into small groups arranging their own hikes. Over the summer and fall, these small groups hiked many of our favourites, to name a few: Mt Douglas, Royal Roads/Esquimalt Lagoon, Thetis Lake, Beaver/Elk Lakes, Sooke Hills, and Goldstream Park for the salmon run. We all missed our always popular and wonderful annual Gulf Islands hike, and we will miss getting together for our Christmas Hill hike and chilli pot-luck. Although we can't get together as a group, we keep in contact by email sharing some of our hiking experiences and photos. Contact Stew Arnold at [stewart.arnold@shaw.ca](mailto:stewart.arnold@shaw.ca).

## GROUP NEWS CONTINUED

**Men's Fitness** - successfully launched face-to-face classes in October at the Centre which were also zoomed to those who, for a variety of reasons, wished to continue to do the classes at home. Due to the COVID guidelines, we were restricted to 12 men exercising in the Big Room, followed by coffee afterwards. In addition to these participants, there were usually 23+ attendees on zoom (with a record 30 on one day), which was pretty good participation. A few of the spouses also took part, and the combination of in-class and zoom fitness worked well. Members purchased their own therabands and paid for the classes on-line. Since the last public health order, we had to go back to offering classes only via Zoom from Chez Dochertys. Hopefully, we will be able to return to a hybrid model of face-to-face and zoom classes soon. Of course, it is important to stay active, especially at this time, as it helps to boost the immune system and provides some protection. There are lots of good exercise programs available on YouTube, as well as the CB55+ Women's and Men's Fitness Groups. For more information contact Dave Docherty at [angdave@telus.net](mailto:angdave@telus.net).

**Worth a Read Book Group** - After a couple of outdoor meetings over the summer, a small group of members from the Worth A Read Book Club met in the Studio at the Centre in October to discuss ***A Vineyard in the Dordogne*** by Jeremy Josephs. The story of an English family that aspired to making great wine as owners of a French chateau, the book became more interesting as their challenges grew. This was a portrayal of "the death of the dreams of youth", according to one of our group members. Pat Bancroft had some entertaining stories to tell, as she had visited the actual chateau several times during her tenure in France. Another member, Jan Grewar, had met one of the story's protagonists on several occasions because of her and her husband's link to an international wine club. Personal connections always make the story a little more interesting! Overall, members gave the book **3.5 stars**. At our November 24th meeting, we were hoping to discuss a non-fiction book, ***Les Parisennes: How the Women of Paris Lived, Loved and Died under Nazi Occupation*** by Anne Sebba. This meeting will now be held via Zoom, since the Centre is currently closed until Dec. 7. Traditionally, our group has a lunch in December and discusses the coming year's book selections rather than tasking members with a reading assignment during what is usually a busy month. Thought will have to be given to alternate arrangements this year! If you would like to join us for some good reading and interesting discussion, contact Sue Jergens ([sjjergens@gmail.com](mailto:sjjergens@gmail.com)) or Jan Grewar ([jangrewar@gmail.com](mailto:jangrewar@gmail.com)). (HIGHLIGHT: One of our favourite books from past reading was ***Major Pettigrew's Last Stand***, by Helen Simonson. Our members gave it 4.7 stars out of 5.0. Set in small town England, it dealt with issues such as racism in a thought-provoking manner. Some members' comments: "A very special read" and "Worthwhile."



## GROUP NEWS CONTINUED

**Studio Group** - It's time to remind you, 'Christmas is a-comin', but unfortunately this year there will be no craft fairs because of Covid restrictions. However, if you're looking for a fun gift for yourself or others, feel free to contact us and see what we have for sale, at very reasonable prices. It's a double gift as proceeds from sales go to various charities. We have toys, many colourful and cosy afghans, beautiful knitted sweaters for children, lots of household and kitchen items (dishtowels, aprons, tablecloths, etc.). If you have something specific in mind, we will see if we can make it for you. We will even deliver your item(s) to your home in the Cordova Bay/Victoria area. Please contact Vivienne at 250-382-4618 (be prepared to leave a message) or [sierra468@gmail.com](mailto:sierra468@gmail.com) for more details and to place your order.



## CB55+ GROUPS SCHEDULE

GROUP/ROOM/LEADERS	DAY/TIME	GROUP/ROOM/LEADERS	DAY/TIME
<b>ART GROUP</b> Big Room Jane Bishop 477-6206	Monday 1:30 - 4:00 pm Currently on hold	<b>HOTSHOTS</b> Badminton Hall Lorne Brack 479-8689	Monday 10:00 - 11:00 am Currently on hold
<b>BLUE HERON SINGERS</b> Big Room Pat Robertson 479-4271	Thursday 2:30 - 4:00 pm Currently on hold	<b>MAH JONG</b> Studio Glenda Kirk 658-1260 Chris Greenwood 478-6866	Friday 1:00 - 4:00 pm Currently on hold
<b>BOOK CLUB</b> Studio Sue Jergens 479-2226 Jan Grewar 658-2297	4th Tuesday 1:30 - 3:30 pm Ongoing by Zoom	<b>MEN'S FITNESS</b> Big Room Dave Docherty 658-8303	Monday & Wednesday 8:30 - 9:25 am Ongoing by Zoom
<b>BRIDGE DROP-IN</b> Studio Karen Bryan 896-1201	Monday 9:00 - 11:00 am Currently on hold	<b>MEN'S GHOTH</b> Off-Site Dave Docherty 658-8303	Various Day Trips Currently on hold
<b>BRIDGE DROP-IN</b> Big Room Orma Paton 658-4805	Wednesday 1:00 - 4:00 pm Currently on hold	<b>ON THE GO AGAIN</b> Big Room Bobbi Johannessen 658-8824 Gwen McPherson 658-5451	Friday 1:30 - 3:30 pm Currently on hold
<b>CRIBBAGE</b> Lounge Lindie Schwartz 658-1940 Linda McGillivray 778-430-0444	Wednesday 1:00 - 3:00 pm Currently on hold	<b>PICKLEBALL</b> Saanich Commonwealth Place McMinn Park John Arduini 477-6692 Allan Galambos 818-3822	Tuesday 1:30 - 3:30 pm Thursday 1:30 - 3:30 pm
<b>DIGITAL PHOTOGRAPHY</b> Studio Diane Anderson 477-8255 Diane Cowden 477-4571	1st & 3rd Friday 10:00 - 11:30 am Currently on hold	<b>PING PONG</b> Big Room Brenda Hurd 658-6484 Debra Sigurdson 727-7338	Thursday 12:00 - 1:30 pm Big Room Currently on hold
<b>DOMINOES</b> Studio Rikki Bowman 382-6197 Judy Burgoyne 382-5697	3rd Tuesday 1:00 - 3:30 pm Currently on hold	<b>POETRY READING</b> Studio Ron Marken 778-265-9949	Thursday 10:00 - 12:00 pm Currently on hold
<b>FALL PREVENTION NEW!</b> Big Room Gillian Pearson 658-1609	Wednesday 10:30 - 11:30 am Currently on hold	<b>STUDIO GROUP</b> Studio Vivienne Smith 382-4618	Wednesday 1:30 - 4:00 pm Currently on hold
<b>FAMILY HISTORY</b> Lounge & Studio Kelly Urarii 727-2207	2nd Tuesday 1:00 - 3:00 pm Currently on hold	<b>WALKING GROUP</b> Various Trailheads Pat Bancroft 380-2411 Margaret Bates 544-2177	Friday 9:30 - 11:00 am Currently on hold
<b>GOLF GROUP</b> Off-site Ted Dobie 477-5066 Marilyn Brack 479-8689	Various Days Will resume in Spring 2021	<b>WALKING WITH DOGS</b> Various Trailheads Christine Smith 727-8544 Fran Charles-rens 888-0946	Friday 9:15 - 11:30 am Ongoing
<b>HAPPY STRUMMERS</b> Big Room Pat Carfra 479-9118 Brenda Hurd 658-6484	Wednesday 1:30 - 3:00 pm Currently on hold	<b>WEDNESDAY EVENING GAMES</b> Lounge Brenda Hurd 658-6484 Hazel Bowman 658-5928	Second & Fourth Wednesdays 7:00 - 9:00 pm Currently on hold
<b>HIKING GROUP</b> Fowler Park Stew Arnold 721-2870 Craig Hilborne 479-0104	Friday 8:50 - 12:00 pm Ongoing	<b>WOMEN'S FITNESS NEW!</b> Currently by Zoom Sheelagh Carter 658-3517	Monday, Tuesday, & Thursday 9:30 - 10:30 am Ongoing by Zoom

## OUR AMAZING VOLUNTEERS - The Re-Opening Committee!

It all started with a request from our president, Stew Arnold, for Board members to step forward to work on the CB55+ Re-opening Committee, aka the Re-start Committee. The key objective of the committee was to re-open and maintain the Centre in a safe and efficient manner. **Jan Grewar** agreed to chair the committee, along with a stalwart team that included fellow Board members **Lorne Brack**, **Louise Parton**, and **Suzanne Beauchamp**. Recently, **Andrea Lindsay** (retired Board member), also agreed to join the committee, to bring in her wide knowledge of CB55+ procedures and activities to the table.

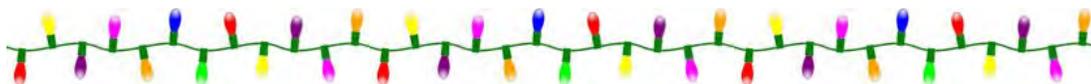
We're not sure if the committee fully realized what they were getting into, with all the information on both the coronavirus and also BC's health orders changing every day, and the need to peruse a vast amount of data published daily on COVID-19 to see how it applied to re-opening our Centre!

Ensuring the building environment was safe for our members was a key component of their plan. Members of the committee reviewed appropriate cleaning protocols, maximum 'bodies' in each room to conform to safe distancing requirements, the heating and cooling systems in the Centre and associated air flow, and other related issues. They also met with experts from Saanich and the school to collect further input.

The committee developed and instituted a training program for all those in leadership positions at the Centre. They set up meetings with various groups, including Special Interest Group Leaders, Office and Kitchen Volunteers, and Board Members. Throughout this process, they kept the Board and CB55+ members fully informed.

The committee then developed and published a full Re-opening Plan for all CB55+ members, outlining protocols and informing members of their responsibilities on wearing masks, safe distancing, etc. Given the variety of programs, activities and services offered by CB55+, the committee had to review each one to determine whether they could still be offered safely in a COVID world and how they could function. There was a significant amount of communication required via e-mail, phone or in person to facilitate this process, not to mention almost daily iterations of the Activity Schedule.

The committee gave careful thought to an appropriate re-opening date for the Centre and, given that we share space with Cordova Bay Elementary School, decided it would be prudent to choose a date after the school had been open for a number of weeks. Key decisions were implemented after thoughtful discussion at the committee level and with members of the Board. (Continued on next page)



## OUR AMAZING VOLUNTEERS (Continued)

When the magical day of re-opening arrived (October 13, 2020) members of the committee were on hand to make sure we followed 'orders' even though many of us struggled to keep a safe distance when we saw the smile of a long-time friend! The committee adjusted CB55+ guidelines whenever they saw that improvements could be made to the plan.

When new health orders were instituted recently in November, everything changed again overnight. Though the Centre is currently closed to its members, the Re-opening Committee continues to keep up with all the current research and recommendations in order to guide CB55+ accordingly.

**Jan Grewar, Lorne Brack, Louise Parton, Suzanne Beauchamp and Andrea Lindsay** – you are CB55+ Rock Stars!



**Note** – We know there are many other CB55+ members who have stepped up to provide all kinds of assistance throughout the pandemic. We are grateful to each and every one of them and hope to include them in a future issue of the Blue Heron News.

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

### BLUE HERON CAFE NEWS

Unfortunately, Stelly's Culinary Program will not be able to provide the catered lunches that CB55+ members have grown to love this year. Since there is limited capacity for volunteers to be in the kitchen at this time, it is unclear how Wednesday lunches might be available for members when the Centre re-opens. Stay hopeful for the future!

### 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 delivered to those in need. We can also give a list of companies that provide meals for a longer term. Call the CB55+ Office at (250)658-5558 if you know of a member who could use this assistance, which complements (not replaces) other CB55+ meal programs.

### BY THE WAY

The CB55+ Library will remain closed, even when the Centre re-opens. It is not possible to implement safe practices to ensure member safety. Because returned books should be isolated for 72 hours before being borrowed again, the space we have at the Centre is just too small! We look forward to the day when we can open the Library again. In the meantime, we ask members to not return currently borrowed books and to refrain from donating to our collection. Thanks very much!



## CB55+ Board Of Directors 2020

### EXECUTIVE

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

### DIRECTORS

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

### MEMBERSHIP

It's membership renewal time again at CB55+! In recognition of the reduced activities for members in 2020, the Board has authorized a one-time reduction in **the annual membership fee for 2021 for current members (those who paid for their 2020 membership), which will be \$30** until Feb. 28, 2021! New CB55+ members must pay the regular rate of \$40 for 2021. If you are not sure if you paid in 2020, email us at [cb55@shawbiz.ca](mailto:cb55@shawbiz.ca), and someone will get back to you. You can also now use PayPal or your credit card to renew your membership instead of cheques or cash. Go to the website and click on **RENEW**, and follow the directions. Cheques are still welcome by mail, and cash (in person, when the Centre re-opens).

**NOTE:** Payment by PayPal or credit card is also available for activities, such as Women's or Men's Fitness. Again, go to the CB55+ website and click on **PAY ONLINE**, and follow the directions.

### BY THE WAY

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

## TUESDAY DROP-IN SCHEDULE

Big Room, 10:00—11:30 am

**THIS POPULAR PROGRAM IS ON HOLD!**

The first Tuesday ***Social Gathering*** took place on Tuesday, Oct. 27. Although the numbers had to be restricted in the Big Room and masks and social distancing were enforced, the members who attended after several months of being away from the Centre had a good time! **Barb Waldner** asked participants to share stories about what they had been doing over the past few months, and some talked about what it was like living during the war as children and some even having to wear gas masks. This gave a perspective on our current pandemic.

The second Social Gathering was held on Tuesday, Nov. 10 and featured **Alan MacLeod**, who presented a very interesting power point presentation about the ***Shelbourne Street War Memorial*** with regard to the plane trees that were planted just after the end of the First World War in memory of Victoria's fallen soldiers at that time. This was also available to members at home via Zoom (many thanks to the talented men who helped set this up).

Unfortunately, because the Centre closed on Nov. 19, as per Public Health orders, the Zoom meeting scheduled for Tuesday, Nov. 24, with **Ed Ishiguro** was cancelled. It is hoped that his timely presentation on ***The Rise of Superbugs: The Alarming Spread of Bacterial Drug Resistance, its Underlying Causes and the Quest for Solutions*** will be brought to you in the future when the Centre re-opens.



HAPPY

**2021**  
**NEW YEAR**

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

NOVEMBER/ DECEMBER		Seaside	Courtyard	Studio	Lounge	Off-Site
Monday	am	<b>Men's Fitness</b> 8:30 - 9:25 Zoom only <b>Men's Coffee</b> 9:25 - 10:15 On hold <b>Women's Fitness</b> 10:30-11:30 Zoom only <b>Women's Coffee</b> 11:30-12:15 On Hold		<b>Drop-in Bridge</b> 9:00 - 11:00 On hold		<b>Hot Shots</b> 10:00 - 11:30 Badminton Hall On hold
	pm	<b>Art Group</b> 1:30 - 4:00 On Hold <b>Hatha Yoga</b> 5:00 - 6:15 On hold				
Tuesday	am	<b>Social Gathering</b> 10:00 -11:30 (alternate Tues.) On hold				
	pm	<b>Gentle Yoga</b> 3:00 - 4:00 On hold		<b>Family History</b> 1:00 - 3:00 (2nd) <b>Dominoes</b> , 1:00 - 3:30 (3rd) Both On hold	<b>Worth a Read</b> 1:30-3:30 (4th) Zoom only	<b>Pickleball</b> 1:30 - 3:30 Commonwealth Place
Wednesday	am	<b>Men's Fitness</b> 8:30 - 9:25 <b>Men's Coffee</b> 9:25 - 10:15 <b>Fall Prevention</b> 10:30 -11:30 On hold			<b>Fall Prevent.</b> <b>Coffee</b> 11:30 - 12:15 On hold	
	pm	<b>Bridge Group</b> 1:00 - 4:00 On hold <b>Happy Strummers</b> 1:30-3:00 On hold		<b>Studio Group</b> 1:30 - 4:00 pm On hold	<b>Cribbage</b> 1:00 - 3:00 On hold <b>WEG</b> 7-9 (2nd & 4th) On hold	
Thursday	am	<b>Board Mtg.</b> 9:30-11:00(2nd) <b>Women's Fitness</b> 10:30-11:30 Zoom only <b>Women's Coffee</b> 11:30-12:15 On Hold		<b>Poetry Group</b> 10:00 - 12:00 On Hold		
	pm	<b>Ping Pong</b> 12:00 - 1:30 <b>Blue Heron Singers</b> 2:30-4 Both On hold				<b>Pickleball</b> 1:30 - 3:30 McMinn
Friday	am	<b>Line Dancing</b> 10:00 - 11:15 Limit 12 On Hold		<b>Digital Photo</b> 10:00 - 11:30 (1st & 3rd) On Hold		<b>Hiking Grp.</b> 8:50 <b>Walk with Dogs</b> 9:15
	pm	<b>On the Go Again</b> 1:30 - 3:30 On Hold		<b>Mah Jong</b> 1:00-4:00 On Hold		<b>Walking Group</b> 9:30 On hold