



Blue Heron News

Cordova Bay 55 Plus Association

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PRESIDENT'S MESSAGE

Welcome to the Fall edition of the Blue Heron News. While it has been six months since the Centre closed, many of us have been socializing and enjoying some of our CB55+ activities under COVID restrictions by meeting outdoors and via Zoom. If you have been reading the bi-weekly Update Letters, you will have been keeping up with CB55+ happenings. We held our AGM on June 30 via restricted proxy, and elected five new Directors to replace five retiring ones (see the July 20 Update Letter on the website). The Board met in July and September.

The Board has established two new committees: the Reopening Committee and the Integrated Management Systems (IMS) Committee. Both committees have been busy putting plans in place to allow us to open the Centre in mid-October to resume those activities that can be accommodated under COVID restrictions (see the August 31 Update). While we will not be holding any large gatherings or activities that require close groupings, we will be able to get together and socialize again in smaller group activities while following social distancing and other Public Health requirements.

The Reopening Committee, led by Jan Grewar, has put together a detailed plan that will be distributed soon outlining precautions and measures that will be in place to comply with Public Health requirements. Implementation of the plan will be monitored closely and amended as circumstances require.

Dave Docherty, as our new Treasurer, is leading the ITS Committee, building on Chris Carter's work on implementing the electronic membership system (MemSys). The immediate goal is to implement an electronic payment system on the CB55+ website for larger transactions. Future goals are to integrate email and accounting into the system. Thank you to the members of these two committees for all the work they have done in a short time period to allow us to start some of our activities at the Centre in the near future.

We are grateful to Sue Jergens, Jan Grewar, Patricia Houston, Von Bishop, and David Squance for doing a terrific job keeping us informed and entertained through the bi-weekly Updates, website, and Blue Heron Newsletters during the closure. Past issues of the Blue Heron News and the Update Letters are all on the CB55+ Website.

Check out "Our Amazing Volunteers" on pg. 9, featuring our Office volunteers under Andrea Lindsay's leadership. We are fortunate that Andrea is continuing as Office Coordinator after retiring from the Board after six years as a Director. Stew Arnold

WHAT'S COMING UP

The Centre re-opens Tuesday, October 13! Welcome back!

**Hours of Operation:
9:00 am - 4:00 pm**

**CB55+ Office Hours:
9:00 am - 12:00 pm (Temporarily)**

NOTE: Please do not park in the school parking lot on Cordova Bay Rd. Use the parking lot off Sapphire St. or park on the street.

Covid-19 Restart Rules are posted throughout the Centre, and must be followed.

Reminders:

- 1) Use sanitizer upon entering the Centre.**
- 2) Sign name when you enter.**
- 3) Keep physical distance of 2 metres as much as possible,**
- 4) Wear a mask when moving about the Centre.**
- 5) Respect room capacity numbers and don't linger in the hallway.**

INTERGENERATIONAL PROGRAMS

We have had some very successful IG programs, with close to 100 of our members interacting with over 250 children in the school. It has been a wonderful way to stay active, learn from each other and be a presence in the children's lives.

Val Baba initially introduced interested members to the children through, beading, crafts, and knitting. Under Pat Ball's direction, this expanded to include cooking, drama, playing educational games, Lego, etc., for four Fridays in the Fall and again in the Spring.

Ted Dobie and his merry band of Pickleballers have taught many children in grades 4 and 5 the game of Pickleball. These were definitely very lively groups, which Ted called "organized chaos".

Von Bishop co-ordinated the Support-a-Reader program with close to 30 volunteers, to foster a love of reading in the children selected by their teachers.

This past year grade 4 and 5 students were to learn the elements of good photography, in this bi-annual IG program. It was unfortunately cut short by the school closure so not all children were able to participate. Huge credit goes to the leaders, Diane Anderson, Hilary Goeller and Chris Pengilly for their efforts in managing groups of volunteers and students in this creative activity.

Unfortunately none of these programs will take place this Fall because of Covid-19. We can't put the children or ourselves at risk at this time. If things have improved by Spring 2021, and the school is interested in continuing the IG programs with students, we can let members know at that time.

REMEMBER WHEN . . .

We are so fortunate to be able to look back at the wonderful times we enjoyed together at our outdoor gatherings. Do you remember the annual Corn Roast we had in September at the Johnson's gorgeous estate on Noble Road? The men looked after the parking, and they transported tables and chairs from the Centre to the Johnson's where they set them up on the seaside patio and lawns. We all brought favourite dishes and shared. Many thanks to the hard-working ladies like Shirley Metters, Angie Docherty, and many more, who set up the kitchen and barbecue. In this strange time of social distancing, "hindsight" is becoming more precious. We are thankful for the warm memories of large gatherings where we shared September's bounty.



TRUSTED TRADES

We are looking for additional contributions for our Trusted Trades list, especially recommendations for appliance repair and a home handyman/handywoman. Please e-mail Elizabeth Carson at elizacarson@hotmail.com or Patricia Houston at phouston@telus.net with any recommendations and also if you would like a current copy of our Trusted Trades list.

GROUP NEWS (These are just a few of our many CB55+ Groups. For information and scheduling on all the Groups, see the Groups Schedule on pg. 8 or check the website.)

NOTE: In this time of the coronavirus pandemic, drop-ins are not allowed. All groups and other activities require some form of advance registration by members.

Fall Prevention - (Formerly Osteofit) is now a Special Interest Group (SIG)! This class will be offered by Kay Inamura every Wednesday morning, starting Oct. 14, from 10:30 to 11:30 in the Big Room, followed by coffee in the Lounge. The fee is \$60 for 10 sessions. The maximum number for this group is 12 unmasked members (coffee in the Lounge accommodates 9, with overflow in the Studio). The focus is to prevent falls, by building generally balanced muscles, especially core muscles. We strive for good postures, good reactions, and good flexibility. Register at the Office and pay by cheque (made out to CB55+) or cash. Contact Gillian Pearson (bookend@shaw.ca).

Women's Fitness - has also joined the other SIGs. Over the past several months, Viera Janco has been instructing the ladies via Zoom, and this will continue into the Fall. Classes are held 3 times/week: Monday and Thursday, 9:30 - 10:30 am, and Tuesday, 9:45 - 10:45 am. The cost is \$50 for ten sessions, paid by cheque to CB55+ or cash, and dropped off at the Office. The group uses chairs, weights, soft balls, and resistance bands (provided through CB55+). The focus is on functional movement training, to increase one's range of motion, flexibility, mobility, balance, and strength. Modifications are provided, and participants can work out at their own level. The coordinator for this group is Sheelagh Carter (sheelaghcarter@gmail.com). She will maintain the attendance log and let members know when they need to pay for ten more sessions. This group may move back to the Centre in November. Watch for upcoming news later this Fall!

Art Group - has been meeting at various parks/beaches each Monday afternoon at 1:00 this summer, weather permitting. Our criteria for location includes the following: easy access, adequate parking, and the ability to be socially distanced (enough space to have a six foot circle around each participant). On October 19, we will meet at the Centre at 1:30 until 4:00. Until then we will continue to provide each other with support, stimulation, encouragement and friendship by meeting in one of the inspirational outdoor locations provided by our amazing city. Know that any of you would be most welcome to join us even if it is just to enjoy the scenery and social interaction. If you wish to be included in our e-mail notifications, contact Jane Bishop at janebishop.is@gmail.com.



GROUP NEWS CONTINUED

Pickleball Group - First, so many thanks are due to Pat and Ed Bancroft for looking after this group for the past several years. Covid-19 has made planning and playing in these past months interesting. We were finally able to get Saanich Parks to allow us to play at McMinn Park on Thursday afternoons until Nov. 3. The new rules to resume playing pickleball indoors at Saanich Commonwealth Place on Tuesdays, from 1:30 to 3:30 pm were more challenging. First, we were limited to just 24 people in the gym at one time. Second, we were no longer considered a drop-in activity; rather, we had to rent the gym with four courts for a period of time. Finally, this rental had to be paid upfront and there were no refunds. The cost was \$1,176 for 14 sessions from Sept. 15 to Dec. 15. The CB55+ Association agreed to pay for this, after a commitment from the Pickleball group that they would recover the fee from their members. 34 members stepped up to pay for the privilege of playing 10 or 11 games over the course of 14 weeks (on an allocated game schedule that allowed an equal number of games per member), at \$3.50 a session. Within two weeks, \$1,176 was collected and paid back. We also set up ways for people to “give back” their games for emergencies such as doctor’s appointments. There are new safety COVID protocols for indoor playing of Pickleball, which we are navigating with SCP to come up with acceptable practices. So, the Pickleball group continues very strongly. It will be interesting to see how many will be around in the Winter session as the “snow birds” won’t be flying this year. For more information, contact John Arduini at jarduini@shaw.ca or ph: 250-477-6692.

Blue Heron Singers - As it has been with so many CB55+ activities, the Blue Heron Singers have not met since March. It feels like a year. We did end with a bang at our Mini Ceilidh in March, not knowing it would be our last ‘sing’ together. Throughout the long months, some members have enjoyed participating in such online sing-along choirs as the wonderful “Voices in Motion”. Alas, the Blue Heron Singers will not be among those groups ‘coming inside’ after the Centre re-opens in October. Research has shown that choral singing is one of the most efficient ways to spread the virus. We are yearning to sing, but it may be a long while before our choir gathers together in song.

Happy Strummers Group - have, indeed, been very happy for the last few months because we have been playing outside in Teresa Thom’s beautiful, big backyard. Up to 15 of us, the ‘Summer Strummers’, have gathered weekly, graced by the weather gods. About a month ago, most of us decided to start an hour early and work on a technique for picking out melodies called TAB. We plan to play and sing outside as long as possible. When CB55+ opens in the Fall we will come inside, though we will not be permitted to sing, a bit of a blow. Research has shown that singing can spread the virus, so we will try to figure out how to manage the next step. Humming? We look forward to having the whole group back together in October. Contact Pat Carfra at plcarfra@shaw.ca.



GROUP NEWS CONTINUED

Walking Group - Covid-19 is not stopping the Friday Morning Walkers. We are a stalwart group of 20-28 walkers that continue to enjoy our walks whatever the weather has to offer, but in a different "safe-distance" way. Our larger group is divided into 4 smaller groups with two leaders who have chosen their desired walk, and four fellow walkers. Through an ingenious method of signing up for the walks brought forward by Ron Childs and implemented by Pat Bancroft, our members choose one of the four walks. Each walk is completely different, so we have a wonderful choice in areas that perhaps we have not seen before. It has been interesting to notice how people are practicing safe distancing on the trails; stepping off the trail to let someone pass, turning their heads away as someone approaches but always greeting with a knowing, understanding, compassionate smile. We continue to reward ourselves at the end of our 60-90 minute walk with coffee and goodies. Now with the pandemic, we bring our own coffee and the leader of the group brings some delicious goodies, and we share stories at a picnic table or on our own chairs, always keeping a distance. Contact Pat Bancroft at patbancroft1946@gmail.com or Margaret Bates margaretbates@shaw.ca.



Sidney Spit



Horth Hill



Saanichton Bay

Ping Pong - has been enjoying outdoor play all summer in our Courtyard, although some days have been pretty hot in the open sunshine! We have recently acquired a new outdoor table, so now we will have 2 tables for our growing number of players every Thursday afternoon. At this time, we are playing from 11:00 - 1:00 pm until we move inside, when we will play from 12:00 to 1:30 pm. Covid-19 safety protocol dictates that we must play Singles only, but we don't need masks when we play outside. Inside, however, participants waiting their turn to play must keep social distance and wear masks, while the players do not have to wear masks. It's a fun and excellent way to exercise and socialize. Contact Brenda Hurd at brendarhurd@gmail.com.



GROUP NEWS CONTINUED

Golf Group - faced some challenges in our 3rd year. The onset of the pandemic delayed our planned schedule by one month as the three golf courses figured out their respective safety protocols. Thanks to excellent cooperation from the various golf course managers, we were able to extend the season into September and offer 2 events in some weeks, so we actually had 26 golf events this year as compared to 22 last year. We were also able to increase the number of tee times offered by each course so that all golfers could be accommodated. We have had a banner year, as golf is perceived to be a relatively safe activity if proper protocols are followed. As a result, we have seen a surge in participation by the 78 golfers who signed up this year. Our season will end on Sept. 24, and we will have played more than 500 rounds of golf. We hope that next year will be just as rewarding and less challenging! Contact Ted Dobie at tedandsue.dobie@gmail.com or Marilyn Brack at brackmg@gmail.com.



Worth a Read Book Group - Eight members of the book club attended the August meeting at Beaver Lake where we reviewed the novel *Where the Crawdads Sing* by Delia Owens. We had an interesting discussion and also greatly enjoyed the outdoor setting. As we were leaving the park, a woman approached a couple of us to say she had overheard our discussion and she loved the novel but hated the ending and she wanted to know how the group had felt. We talked a little, had a laugh and told her she should have joined the meeting. She said she was sorely tempted! September's read will be *Rosalind Franklin, the Dark Lady of DNA* by Brenda Maddox. This is a very interesting non-fiction book that is sure to promote a good discussion. Once again we will meet at Beaver Lake, weather permitting, on Sept. 22 at 2:30 pm. We plan to return to the Centre for our Oct. 27 meeting. If you would like to join us for some good reading and interesting discussion, contact Sue Jergens (sjjergens@gmail.com) or Jan Grewar (jangrewar@gmail.com).



Men's Fitness - has continued to meet via Zoom every Monday and Wednesday since COVID-19 struck, with 25-29 men attending on a regular basis, some apparently accompanied by their wives. The classes seem to have worked well with many positive comments, I suspect because I cannot monitor what they are doing! We have recorded 26 of the sessions and with the help of John Arduini, they have been uploaded onto YouTube so members can do extra sessions or make up ones they could not attend. We hope to return to the Centre in mid-October but the number must be restricted to 12 participants. We will continue to Zoom the class from the Centre, so those who are unable to get into the class or prefer not to at this time can still do the sessions. We will need to work out a system so those who want to attend have an opportunity. So no excuses! For more information, contact Dave Docherty at angdave@telus.net.

GHOTH (Get Him Outa The House) - Unfortunately, trips and pub lunches have been put on indefinite hold until a safer time. For more info., contact Dave Docherty at angdave@telus.net.

GROUP NEWS CONTINUED

Studio Group - is planning to meet again at CB55+ starting October 14, and once again work on making beautiful things (afghans, scarves and who knows what else!) for sale or for people who need them. Our meetings will be a bit different due to Covid 19 restrictions, but we will still have fun. Meanwhile, the Studio Ladies and many other CB55+ members have been keeping busy over the summer. Thank you to all who have contributed knitted or crocheted squares. We are now beginning to put them together into lapghans and blankets – what an interesting selection (and what great gifts they make for yourself and others)! You will be able to see these works of art once the Centre opens up again. We look forward to seeing you.



Digital Photography - plans to continue during the 2020-21 year with a hybrid approach of photo shoots, Zoom and a few, or more, face-to-face meetings, depending on COVID-19. We hope to share our photos, projects and editing accomplishments in a new way, but we are determined to pursue our interest in developing our photographic eye and the skills needed to enhance our images. Our meetings, whether virtual or face-to-face, will be on the 1st & 3rd Fridays each month, 10:00-11:30. If you wish to join our group, contact Diane Anderson (anderson.diane@me.com).



CB55+ FALL COURSES - Registration and payment (**cash or cheque only**), for CB55+ Courses is made at the CB55+ Office during office hours.

All courses are on hold for the foreseeable future!

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

Line Dancing - Friday, 10:00 - 11:15 am Instructor: Vicky McCulloch
TBA November 2020

Gentle Yoga - Tuesday, 3:00 - 4:00 pm Instructor: Tessa Rae Hamelin
TBA November 2020

Hatha Yoga - Monday, 5:00 - 6:15 pm Instructor: Christina Corazzo
TBA November

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

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 Resumes Oct. 19	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 Resumes Oct. 27	MEN'S FITNESS Big Room Dave Docherty 658-8303	Monday & Wednesday 8:30 - 9:25 am Resumes Oct. 14
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 1:30 - 3:30 pm Thursday 1:30 - 3:30 pm Ongoing
DIGITAL PHOTOGRAPHY Studio Diane Anderson 477-8255 Diane Cowden 477-4571	1st & 3rd Friday 10:00 - 11:30 am Resumes Oct. 16	PING PONG Big Room Brenda Hurd 658-6484 Debra Sigurdson 727-7338	Thursday 11:00 - 1:00 Courtyard (weather permitting) In Oct. - 12:00 - 1:30 Big Room
DOMINOES Studio Rikki Bowman 382-6197 Judy Burgoyne 382-5697	3rd Tuesday 1:00 - 3:30 pm Currently on hold	POETRY READING Studio Ron Marken 778-265-9949	First, Third, & Fourth Thursdays 10:00 - 12:00 pm Resumes Oct. 15
FALL PREVENTION NEW! Big Room Gillian Pearson 658-1609	Wednesday 10:30 - 11:30 am Resumes Oct. 14	STUDIO GROUP Studio Vivienne Smith 382-4618	Wednesday 1:30 - 4:00 pm Resumes Oct. 14
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 Ongoing
GOLF GROUP Off-site Ted Dobie 477-5066 Marilyn Brack 479-8689	Various Days Season ends Sept. 24	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 1:30 - 3:00 pm Resumes Oct. 14	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 Ongoing	WOMEN'S FITNESS NEW! Currently by Zoom Sheelagh Carter 658-3517	Monday, Tuesday, & Thursday 9:30 - 10:30 am Ongoing by Zoom

OUR AMAZING VOLUNTEERS - Cheers to the CB55+ Office Volunteers

We don't always acknowledge the members who volunteer in our office to keep CB55+ running effectively. When we're at the Centre we may come into the office specifically to ask a question or transact some business without considering just how many people it takes to carry out the many office functions of the organization. Prior to the start of Covid-19, the office was open from 9:00 am to 3:30 pm, Monday to Thursday, and from 9:00 am to 12:00 pm on Fridays. With two shifts per day and individual commitments that vary from one shift a month to weekly – that's a lot of organizing for **Andrea Lindsay** as she capably manages the office! Andrea also strives to use each and every volunteer's unique skills and abilities in their office role, and manages to meet their personal needs expertly. Ask the specific volunteers who work in the office, who know that Andrea is an amazing manager, and they will readily admit that she is always kind as well as competent. We are so very grateful for her leadership! Our office is run completely by volunteers, with no paid staff. Pretty remarkable, in this day and age, and a testament to great leadership!

The office can get very busy at certain times of the day or year. During membership renewal time or when there is a specific event that is in high demand there can be a line-up of people on the office doorstep. The office volunteer may be juggling several different types of payments in a day and handling various other office procedures simultaneously. There are also problems to be solved, questions from new members on the various functions of CB55+, specific requests from Board Directors or other CB55+ leaders, in addition to responding to a myriad of phone calls and e-mails that come in during a shift. Add to this the day-to-day office procedures that need to be completed and it can be a busy day.



Andrea and Velma - Two lovely and talented ladies who keep the Office running smoothly!



Andrea's team over 2019 and 2020 included the following volunteers:

Rikki Bowman, Maura Dunn, Mary Horton, Judy Jeffries, Velma Minckler, Pauline Skinner, Judy Burgoyne, Sherrin Horsburgh, Brenda Hurd, Sue Jergens, Robin Peterson, and Kathleen Williams. You will recognize that many of these people actively support Cordova Bay 55+ in so many other ways and have a long history with the association!

Andrea has this to say about her team – “They are a joy to work with, dependable, extremely hard working, and go out of their way to help members. They are a cheerful crew and always jump in when there is anything extra to be done!”

A big thank you to all of them for their volunteer commitments to CB55+!

BLUE HERON CAFE NEWS

Discussions are underway about the possibility of offering some sort of lunch program on Wednesdays in the Big Room, from 11:30 to 12:30 pm. Stelly's School Culinary Program is willing to provide delicious lunches again this year if there is sufficient interest from our CB55+ membership. These lunches would provide an opportunity for members to socialize after the Centre opens this Fall. Numbers must be limited to 24, as Covid-19 social distancing rules dictate. Watch for updates on this exciting plan!

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 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.



Dogs and human friends after a Friday morning walk at Mount Doug Park



Coffee during the pandemic: still good times, good conversation and good coffee!



BY THE WAY

The CB55+ Library will remain closed for the timebeing. It is not possible to implement safe practices to ensure member safety. The Library committee (Julie, Margaret and Mary) has examined the protocols being adopted by the Greater Victoria Library System and realize they are not workable for us given our tight space at the Centre. Essentially, returned books should be isolated for 72 hours before being borrowed again. We hope we can resume normal practice soon. In the meantime we ask members to not return currently borrowed books and to refrain from donating to our collection. Thanks very much!

In previous years CB55+ has organized a flu shot clinic at the Centre. This has been accomplished by the generous service provided by Zahra Carino, the Pharmacist at the Cordova Bay Pharmacy. Zahra has informed us that the vaccine will be available after Thanksgiving. After much discussion, the decision has been made that this year **we will not be organizing a flu shot clinic at the Centre.** We are encouraging all our members to arrange for a flu shot, either by phoning the IDA pharmacy or a pharmacy of their choice, to make an appointment to receive the annual flu shot.

CB55+ Board Of Directors 2020

EXECUTIVE

Stew Arnold	President	250-721-2870
Lorne Brack	Vice Pres./Facility	250-479-8689
Louise Parton	Past Pres./Events/Comm. Liaison	250-658-8462
Sue Jergens	Secretary	250-479-2226
Dave Docherty	Treasurer	250-658-8303

DIRECTORS

Velma Minckler	Office	250-658-8987
Sherrin Horsburgh	Kitchen	250-360-6522
Ron Childs		778-265-9466
Jan Grewar	SIGs/Courses	250-658-2297
Von Bishop	IT Coordinator	250-477-6206
Patricia Houston	Intergenerational	250-381-0656
Shannon Baylis		250-658-5656
Suzanne Beauchamp	Events	778-433-2829
Allan Dakin		250-744-1357
Sheelagh Carter		250-658-3517

MEMBERSHIP

New members need pay only \$10 for a CB55+ membership until the end of 2020!

Watch for news about possible on-line payments for membership and other fees for members of Cordova Bay 55+! The Integrated Management Committee (IMS) is looking at the integration of the different management systems in use by CB55+ with electronic payment solutions that would support this integration. The Board unanimously approved the IMS proposal to move ahead with an electronic payment system using our current website and a proposed vendor. This could allow our members to make payment for transactions such as membership and some fitness fees on-line. Chris Carter and Dave Docherty will be working with the vendor to fine-tune our requirements. Set-up costs are reasonable and we are moving ahead as quickly as possible – stay tuned!

BY THE WAY

The next Blue Heron Newsletter (BHN) will be out at the beginning of December, 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

Unfortunately, Tuesday Drop-in, as we know and love it, is on hold for the foreseeable future.

However, we will be offering a Social Gathering every other Tuesday morning in the Big Room, from 10:00 - 11:30 am. This event will entail enjoying coffee or tea while chatting with other members. The maximum number in the Big Room at this time is 24 people, to maintain safe physical distancing of 2 metres, so members must register in advance at the CB55+ Office. The first Social Gathering will take place on Tuesday, October 27 and will continue on alternate weeks initially. Registration for the Oct. 27 event will not be accepted until Wednesday, Oct. 21 by telephone only to the CB55+ Office (250-658-5558). This will give everyone an equal chance on a first-come-first serve basis up to the maximum of 24. We hope this effort to provide social time for members will be popular and satisfying for those who have been missing this over the past several months.



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

OCTOBER		Seaside	Courtyard	Studio	Lounge	Off-Site
Monday	am	Men's Fitness 8:30 - 10:15 Resumes Oct. 19 Women's Fitness Currently by Zoom		Drop-in Bridge 9:00 - 11:00 am Currently on hold		Hot Shots 10:00 - 11:30 am Badminton Hall Currently on hold
	pm	Art Group 1:30 - 4:00 pm Resumes Oct. 19 Hatha Yoga 5:00 - 6:15 pm Currently on hold				
Tuesday	am	Drop-In Speaker Program 10:00 - 11:30 am Currently on hold				
	pm	Book Club 1:30 - 3:30 pm Resumes Oct. 27 Gentle Yoga 3:00 - 4:00 pm TBA November		Family History 1:00 - 3:00 pm Currently on hold Dominoes, 1 - 3:30 Currently on hold		Pickleball 1:30 - 3:30 pm Saanich Rec. Centre
Wednesday	am	Men's Fitness 8:30 - 10:15 am Resumes Oct. 14 Fall Prevention 10:30 - 11:30 Resumes Oct. 14			Fall Prevention Coffee 11:30 - 12:15	
	pm	Lunches 11:30 - 12:30 pm TBA Bridge Group 1:00 - 4:00 Currently on hold Happy Strummers 1:30-3:00 Resumes Oct. 14		Studio Group 1:30 - 4:00 pm Resumes Oct. 14	Cribbage 1:00 - 3:00 pm Currently on hold WEG 7-9 pm 2nd & 4th Wed Currently on hold	
Thursday	am	Women's Fitness Currently by Zoom		Poetry Grp. 10-12 Resumes Oct. 15		
	pm	Ping Pong 12:00 - 1:30 pm Board Meeting (2nd Thur.) 2:00 - 4:00 pm Blue Heron Singers 2:30-4 Currently on hold				Pickleball 1:30-3:30 McMinn (weather permit)
Friday	am	Line Dancing 10:00 - 11:15 am TBA November		Digital Photo 10:00 - 11:30 am (1st & 3rd Fridays)		Hiking Group - Fowler Park 8:50 Walking G. 9:30 Walking with Dogs 9:15 am
	pm	On the Go Again 1:30 - 3:30 Currently on hold		Mah Jong 1 - 4 pm Currently on hold		