

VALLEY SENIORS NEWSLETTER

**AUG.
2026**



EXECUTIVE OFFICERS

President - Earle Dykes

1st Vice Pres - Shirley Kolompar - / 2nd Vice Pres - Rose Mackenzie

Secretary - / Caroline Thompson - / Treasurer - Dave Bevan - / Past President - Ron Hill

DIRECTORS

Al Jones, Sheila Garrison, Denise Hamilton

Trudy Fiege, Marlene Herrmann, Claudia Parker, Andy Keller



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MESSAGE FROM EXECUTIVE

MESSAGE FROM THE PRESIDENT

After 20 days of closure we are happy to be back open again. Much was accomplished during this time. So thanks to all of you that devoted your time.

There was a small group of individuals, that were here at the drop of a hat, to do the "heavy lifting". A special Thank-you to you. Ron, our project manager, did a great job. I'm sure we hear more about this project from him in his report.

It has been a great summer so please continue to enjoy the many activities and special events here at the center.

Good health and happiness to all

Earle Dykes



The flyer is for a performance by The Kenny Shaw & Valori. It features a logo for the Valley Seniors Organization with an eagle. The text 'PRESENTS: The KENNY SHAW & VALORI' is prominently displayed. Below this is a circular graphic with 'Happy Hour Show' and a photo of the duo performing. The flyer also mentions 'Good old fashioned BOOMER HUMOR & TOP HITS from the 50's, 60's & 70's'. The event is scheduled for Saturday, September 26th, 2026, with doors opening at 1:30pm and showtime at 2:00pm. Tickets are \$30. The bottom of the flyer includes the ticket sale date (July 26, 2026) and the address (198 Government St, Duncan) with a phone number (250) 746-4433.

Valley Seniors Organization
PRESENTS:
The KENNY SHAW & VALORI
Happy Hour Show
Good old fashioned BOOMER HUMOR & TOP HITS from the 50's, 60's & 70's
SATURDAY, SEPTEMBER 26th, 2026
Doors Open 1:30pm
Showtime: 2:00pm
TICKETS \$30
Tickets go on sale JULY 26, 2026 – Don't miss out on the fun!
198 Government St, Duncan (250) 746-4433

If you were unavailable to see Kenny Shaw & Valori the first time, you are in luck!!!

Because by popular demand the VSO
Is bringing them back.

Please don't miss out, tickets on sale now
don't be late get your tickets now.

This is one of the best comedies you will
ever see, good entertainment for an
afternoon.

REPORTS

Shuffleboard Report For June 2026. Dan Hughes.

- 1st 20 points Ken
- 2nd 16 “ Earle
- 3rd 15 “ Betty
- 4th 14 “ Tony, Diane
- 5th 13 “ Dan, Steve, Gary, Ron Hill, Marcel, Ron Parker
- 6th 12 “ Win

Competition is getting fierce. Lots of great players now.

27 games played. 19 players participated.



PHOTOS FROM RENFREW TRIP JULY 30th



DANCE COMMITTEE REPORT FOR AUGUST

July 25 Dance

Thank you to all 63 people who attended our Dance. Thank you to DANNY AND THE SENIORS who provided the music and to all of the helpers who helped to make it such a great success. Congratulations to Shirley Currie who won our door prize.

Wednesday Music Thank you to Island Spirit who provides you with your Wednesday entertainment.

UPCOMING EVENTS

Aug.15th

HAWAIIAN LUAU DINNER AND DANCE

\$35.00 pp

Tickets are going fast

Sept. 26th

Kenny Shaw

Country Singer & Comedian

\$30.00pp

Tickets are now on Sale July 26th

Thank you for your on going support, from your Dance/Special events Committee.

Advertising

If you know of a reputable business or maybe your favourite who would like to advertise in our newsletter please let me know. I can be contacted through the front desk at 250-746-4433 or valleyseniorsfront@gmail.com. Facebook Page: Valley Seniors Organization www.valley-seniors.org Our rates are \$15.00 per month or \$125.00 per year

Please support the businesses who support Us. We are a proud member of the Cowichan Duncan chamber of Commerce check out their website: www.duncancc.bc.ca

Shirley Kolompar, VSO Advertising

CARPET BOWLING REPORT

There is not a lot to report, for carpet bowling, except that we are happy to be back bowling after our centre was closed for 3 weeks for renovations. We hope all are enjoying our summer weather and should any lady or gentleman be interested in bowling, please join us and we will happily show you how easy it is and to boot its good exercise.

Joan Ayers

Carpet Bowling Coordinator

CRAFT REPORT

The Craft group meets on Wednesday mornings in the craft room using donated materials to create shawls, afghans (some with ties for wheelchair users), baby items, catnip mice, drip catchers and many more wonderful items.

We are slowly adding new things to the cabinets – so please have a look!

Please remember us if you are downsizing your sewing or craft supplies. Items can be left in the Craftroom for us to sort. If you make a donation we cannot use – we like to further donate to a thrift store or another group or person who can use your donations. The Craft group would like to thank the VSO Volunteers who arranged for the upgrades and required maintenance to be completed earlier this summer. A lot of time and effort was needed for this to happen and the Craft group appreciates all the volunteer time involved. Please note the brighter display cabinets next to the reception desk and the much needed upgrade to the craft room floor. This room is used by many groups at the Centre. These were only 2 of the many jobs completed when the VSO was closed!

During the VSO closure a few of the Craft group members met on Wednesday morning at Centennial Park. We enjoyed the summer weather in the park.

Sheila Garrison

(Craft Group Coordinator)

Valley Senior's Bus Committee Report

Our bus committee met on July 24th, we had 4 people in attendance. We have great trips arranged for our members and friends.

-Thursday, June 18, Caroline had a trip to the Nanaimo Casino (one of our passengers did some shopping with our driver Susan at Woodgrove Center). Fun trip for all.

-Thursday, June 25 th we had a trip to Port Renfrew, Shirley Kolompar was your Hostess and Paul your Driver. This trip was full and everyone had a great day.

-Wednesday, July 29 th we did a 2 nd circle trip. This trip was also a full bus! We went south to Metchosin for lunch at My Chosen Cafe first. The restaurant, food and staff were amazing, well done. We then continued on to Sooke, stopped at the lovely community of Shirley, went through Jordan River and Port Renfrew. We stopped for a break and to ask directions to Pachedaht Bay. Short level walk to the most beautiful beach, fresh air and sunny skies. Off to Lake Cowichan where we stopped for Ice Cream and then home. Another amazing fun trip with friends.

-Thursday, August 6 th we will be traveling up-island to the Deep Bay Marine Field Station in Bowser/Deep Bay. We will be stopping at Ricky's in Parksville on our way home for lunch. Paul will be your driver and Rose your Hostess. We still have seats for this trip, come and enjoy.

-Wednesday, August 12 th , Coombs & Parksville Sandcastles. Susan as your driver.

-Thursday, August 27 th , Elements Casino, View Royal. Caroline as Hostess, Susan as your driver.

-Wednesday, Sept. 2 nd , Dinghy Dock Pub, Protection Island.

-Thursday, Sept. 17, North Island Wildlife Recovery Center.

-Thursday, Set. 24 Th , Nanaimo Casino/Military Museum.

Saturday, Dec. 19 th Yellowpoint Christmas @ The Port Theater.

-Sunday, Dec. 20 th Yellowpoint Christmas @ The Port Theater.

Posters and sign-up sheets will be done asap. We need You to Keep the Bus Rolling.

If you have any suggestions for trips please write a note, with your name and phone # and put in suggestion box.

Our next Bus Committee Meeting is August 14th h at 10:00 am.

Cheers, Rose MacKenzie, Bus Chairperson

JULY REPORT

I hope everyone has had time to look around the Centre, it may not look like much but a lot of hours were put into fixing the Centre up. Thank you to the members that came and helped with all the heavy lifting and just moving the bigger things around. After finishing the work we had approved. We came in under budget, but we also found some items that still need to be done, and look at completing some of these items and still staying within our budget.

PHOTOS

HERE ARE A FEW OF THE PHOTOS FROM THE 20 DAYS



MAGNIFICENT 7

Dave Beven, Andy Keller, Rad Petrovic, Earle Dykes, John Kolompar, and Barry

Also the picture take, Ron Hill

It was a day of pizza for the workers and well deserved as they showed up every day when called

Thank you all

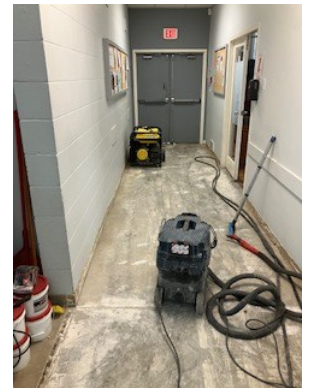
KITCHEN



BACK KITCHEN



FRONT KITCHEN



BACK HALLWAY

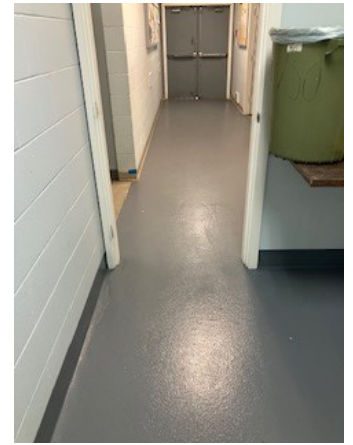
KITCHEN AFTER



BACK KITCHEN



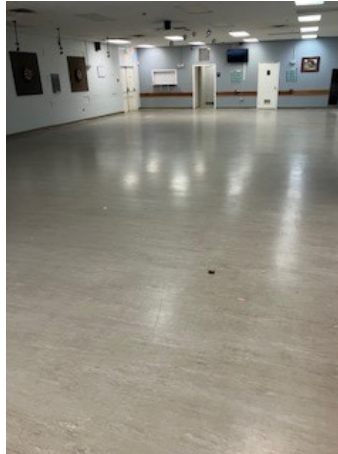
FRONT KITCHEN



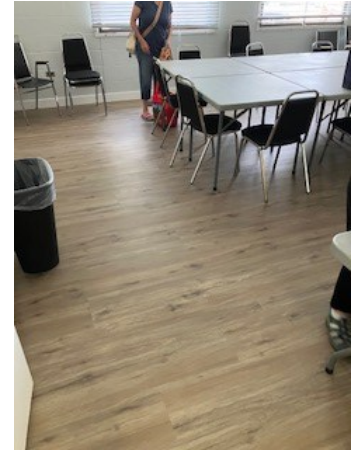
BACK HALLWAY



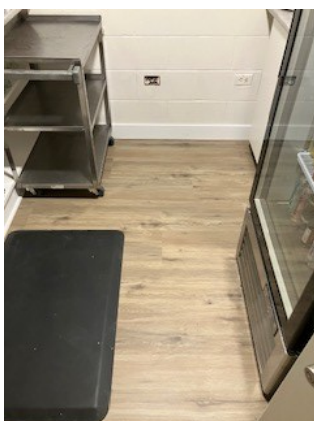
BAR BEFORE



MAIN HALL



CRAFTROOM



BAR



HALLWAY TO BAR

This will give you an idea of some of the work that went on while you were away. There is still work to be done.

As you also know 2new fridges bought, also a new shuffleboard, Randy White is still hard at work finishing a cupboard in the main hall, work is still ongoing in the poolroom.

Again thank you to all our members that stepped up to help on this project, a special thank you to Cindy Shillito washing walls, tops of cupboard, in kitchen. Thank you to Claudia, Trudy and there helpers that moved everything out of the kitchen, then moving it all back. There will likely be people I miss, sorry for that but I am old.

Ron Hill

VSO - Evergreen Choir

A pianist / or guitarist is urgently needed for the Evergreen Choir beginning in September. We have rehearsals on Wednesday and Friday afternoons from September to June and visit Care Homes and Retirement Homes to entertain the residents each month.

New members are always welcome, no audition required.

If interested in the above or need more information, please contact Judy at judy.holly41@outlook.com

Financial Report	2026	JUNE
	BINGO	GEN. Account
Opening Balance	\$5,650.03	\$72,142.90
Income	\$10,353.50	\$18,633.71
Expenses	\$10,762.84	\$20,982.96
Closing Balance	\$5,235.69	\$69,793.65
David Bevan		
VSO Treasurer	(\$413.34)	(\$2,349.25)

VSO RAMBLING WALKERS GROUP

If you don't like walking alone come join us. We walk Monday-Saturday at 9:30 am, make your own schedule.

The last Friday of each month we go for Brunch. You will receive a monthly schedule, all you need to do is to be a paid up member of the Valley Seniors Organization 55+ Activity Centre. If you are mobile and like to walk up to an hour at a time, you are welcome. Come and join our happy group, lots of conversation, we solve all the problems of the world and help each other out.

Check out our Facebook Page: Valley Seniors Organization Rambling Walkers Group. Stop by the reception desk and leave you name, phone number and email address and I will get back to you.

Shirley K, Co-Ordinator at 250-746-4433 Senior Centre or
valleyseniorsfront@gmail.com for further info.

THIS IS A CALL ONCE AGAIN FOR VOLUNTEERS

THE KITCHEN IS DESPRITLY, IN NEED OF SOME VOLUNTEERS

PLEASE CONTACT CLAUDIA PARKER KITCHEN COORDINATOR

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Chad Gurski

Owner

230 Kenneth St.
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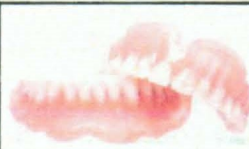
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10

TUESDAY & FRIDAY

BINGO

PRESENTED BY VALLEY SENIORS ORGANIZATION

OPEN TO ALL !!!

DOOR OPEN: TUESDAY - 9:00am

FRIDAY - 4:00pm

MUST BE 19 YEARS OR OLDER TO PLAY

EARLY BIRD GAMES: TUESDAY - 11:00am & FRIDAY - 6:00pm

REGULAR GAMES: TUESDAY - 12:00pm & FRIDAY - 6:30pm

VSO & ODD or EVEN - WINNING \$\$ BASED ON PARTICIPATION

BONANZA - WON BY - (47 PE CALLED NUMBERS, INCREASING BY 1 EVERY TUESDAY)

SECOND CALL IF MAJOR JACKPOT IS NOT WON!!! - **(BONANZA ONLY)**

LUCKY 7's - WON BY - 1st I BALL CALLED

(\$100.00 GUARANTEED IF JACKPOT NOT WON BY 1st I BALL)

SPECIAL PROGRESSIVE WON BY 1st G BALL CALLED

with a

(GUARANTEED PRIZE OF \$100.00 - SPLIT INTO 2 PRIZES - \$50.00 EACH)

FRIDAY NIGHT BINGO REPLACING (SUNDAY AFTERNOON BINGO)

MOVING BINGO TO FRIDAY NIGHT HAS HELPED ELIMINATE SOME OF OUR PARKING PROBLEM

COME AND JOIN YOUR FRIENDS AT THE VSO FOR BINGO

50/50 WINNERS

JUNE

DATE	TICKET	AMOUNT	WINNER
2-JUNE	370974	\$165.00	HELEN JOE
5-JUNE	340366	\$105.00	ROB WESTOVER
9-JUNE	299480	\$105.00	CINDY SHILLITO
12-JUNE	175217	\$87.50	JEAN GALLAGER
16-JUNE	371440	\$147.50	CINDY TYERMAN
19-JUNE	340899	\$82.50	LINDA JACK
23-JUNE	300189	\$105.00	HELEN JACK
26-JUNE	341019	\$110.00	ALLISON JACK
30-JUNE	175538	\$140.00	LESLIE MANNING-REID

OPEN MON.—FRI. 9:00am - 3:00pm SAT. 9:00 am - 1:00 PM		DAILY LUNCH Watch the notice board for weekly specials!	COME PLAY BINGO TUESDAY 11:00am FRIDAY 6:00pm
MON	• CARPET BOWLING • WALKING GROUP • SHUFFLEBOARD (Tournament) • CONTRACT BRIDGE • CRIBBAGE	• 9:15am (BINGO HALL) • 9:30am • 10:00am (DINING ROOM) • 12:00pm (CRAFTROOM) • 12:00pm (BINGO HALL)	
TUES	• HARMONICA BAND • WALKING GROUP • BINGO	• 8:30am (STAGE BINGO HALL) • 9:30am • 11:00am EARLY BIRD (BINGO HALL) • 12:00pm REGULAR GAMES (BINGO HALL)	
WED	• CRAFTS • CARPET BOWLING • WALKING GROUP • MUSIC (ISLAND SPIRIT) • SHUFFLEBOARD • CHOIR (1st & 2nd WED) • DARTS • GENERAL MEETING	• 9:00am (CRAFTROOM) • 9:15am (BINGO HALL) • 9:30am • 11:00am (STAGE BINGO HALL) • ANYTIME (DINING ROOM) • 1:00pm (BINGO HALL FRONT 1/2) • 1:00pm (BINGO HALL BACK 1/2) • 1:00pm (4th WED. OF EVERY MONTH EXCEPT JULY, AUGUST and DECEMBER BINGO HALL)	
THUR	• CARPET BOWLING • WALKING GROUP • CARVERS • CRIBBAGE • LADIES SHUFFLEBOARD	• 9:15am (BINGO HALL) • 9:30am • 11:00am (CRAFTROOM) • 12:00pm (BINGO HALL) • 12:30pm (DINING ROOM)	
FRI	• DUPLICATE BRIDGE • CARPET BOWLING • WALKING GROUP • UKULELE • CHOIR (1st & 2nd FRIDAY) • SHUFFLEBOARD • BOARD MEETING BINGO • DOORS OPEN - 4:00pm • EARLY BIRD GAMES - 6:00pm • 10 REGHLAR GAMES - 6:30pm • PLUS OTHER BINGO GAMES COME AND ENJOY THE FUN	• 9:00am (BINGO HALL) • 9:15am ((BINGO HALL BACK 1/2) • 9:30 • 12:00pm (CRAFTROOM) • 1:00pm (BINGO HALL FRONT 1/2) • ANYTIME (DINING ROOM) • 10:00am (FRIDAY PROCEEDING GENERAL MEETING) (CRAFTROOM) VSO BINGO HALL	
SAT	• SHUFFLEBOARD (TOURNAMENT) • WALKING GROUP • LINE DANCING	• 9:30am (DINING ROOM) • 9:30 • 10:00am (BINGO HALL)	

AUGUST 2023

SUN	MON	TUE	WED	THUR	FRI	SAT
						1. SHUFFLEBOARD – 9:30am LINE DANCING 10:00am
2. CLOSED	3. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	4. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	5. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS: 1:00pm CHIOR 1:00pm	6. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	7. CARPET BOWLING 9:15am BRIDGE 9:00am UKULELE 12:00pm CHOIR 1:00pm BINGO – DOORS OPEN 4:00pm EARLY BIRD GAMES – 6:00pm REGULAR GAMES – 6:30pm	8. SHUFFLEBOARD – 9:30am LINE DANCING 10:00am
9. CLOSED MOTHERS DAY	10. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	11. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	12. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS: 1:00pm	13. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	14. CARPET BOWLING 9:15am BRIDGE 9:00am BOARD MEETING 10:00am UKULELE 12:00pm CHOIR 1:00pm BINGO – DOORS OPEN 4:00pm EARLY BIRD GAMES – 6:00pm REGULAR GAMES – 6:30pm	15. SHUFFLEBOARD – 9:30am LINE DANCING 10:00am
16. CLOSED FATHERS DAY	17. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	18. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	19. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS 1:00pm GENERAL MEETING 1:00pm	20. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	21. CARPET BOWLING 9:15am BRIDGE 9:00am UKULELE 12:00pm CHOIR 1:00pm BINGO – DOORS OPEN 4:00pm EARLY BIRD GAMES – 6:00pm REGULAR GAMES – 6:30pm	22. SHUFFLEBOARD – 9:30am LINE DANCING 10:00am
23. CLOSED	24. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	25. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	26. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS: 1:00pm	27. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	28. CARPET BOWLING 9:15am BRIDGE 9:00am UKULELE 12:00pm CHOIR 1:00pm BINGO – DOORS OPEN 4:00pm EARLY BIRD GAMES – 6:00pm REGULAR GAMES – 6:30pm	29. SHUFFLEBOARD – 9:30am LINE DANCING 10:00am
30. CLOSED	31. 24. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm					