## Anlley Seniors MAY.





### **EXECUTIVE OFFICERS**

**President - Earle Dykes** 

1st Vice Pres - Lorne Repay / 2nd Vice Pres - Jeff Bulcock

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

### **DIRECTORS**

Al Jones, Sheila Garrison, Denise Hamilton Trudy Fiege, Marlene Herrmann, Claudia Parker, Shirley Kolompar



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### **Message from the President**

It has been a month now since the election; and we now have our 2025 Board Members' Duties list completed. This is now posted on our bulletin board.

If you have a concern about your activity, or a question you would like answered, please direct your concern to the appropriate coordinator. They should be able to resolve any issue you may have. If they are unable to resolve your concern speak to the appropriate activity liaison. They can take your concern to the Board. If we all work together, I'm sure we can make this a better place.

Our next theatre show is Saturday, June 28th, when Country Singer / Comedian KENNY SHAW will be here to entertain us. Tickets are on sale now. Members \$30 and Non Members \$35 Refreshments will be served and a cash Bar available.

This is the start of a new year for our new Directors, and new Executive, so please be supportive. Work with us to make this a clean, safe place, for everyone to enjoy.

Be Kind

Earle

### **Chair Yoga**

Chair yoga has been good for April. We have averaged 12 people for the Thursday class which will run until May 22, and then close for the summer months, starting again in the fall. Tuesday classes average 10 per session. Everyone seems to be enjoying the exercises. Thanks to the board for making room for us.

Delia Broswick

### **CRAFT REPORT**

The Wednesday morning Craft Group of made up of 18 crafters who enjoy producing items which are available for sale in the cabinets next to the reception desk and at 'Market Junction'. Please remember our group when you are doing your 'spring cleaning' or 'downsizing'. We will use donations of fabric, yarn and craft items to produce items to fill our display cases. Thank you to the members who have recently donated supplies to our group. On Saturday, May 10th the VSO Craft Group will be taking part in 'The Market Junction'. The next ones will be on June 7th and July 5th . 'Market Junction' takes place one Saturday a month at the VSO building from 2 – 6 PM. There are 30+ local vendors offering handmade goods, fresh finds and tasty treats.

Sheila Garrison

(Craft Group Coordinator)

FINANCIAL REPORT FEBRUARY 2025				
	BINGO	GEN. ACCOUNT		
Opening Balance	\$5,125.56	\$32,121.01		
Income	\$8,954.00	\$54,992.54		
Expenses	\$9,079.33	\$57,135.44		
Closing Balance	\$5,027.23	\$29,978.11		

### **VSO Treasurer - Dave Bevan**

### TO ALL OUR VOLUNTEERS

Thank you for generously volunteering your time. We are grateful you choose to donate your time and talents to our seniors organization! Even though you may not be in the spotlight, you are the backbone of every event. Please know that we could not do this without your hard work.

Your support of the organization allows us to continue to fulfill our mission and serve people in our community each year.

Thank you so much for your willingness to give your time and service. Your volunteer work is greatly appreciated.

Lorne Repay

1st Vice President

### **RECEPTION REPORT**

Currently our membership stands at 677 members. Sad to say "Happy Retirement to Lil," Lil has volunteered on the Reception Desk since 2017. Thank you Lil for your years of dedicated service to the Valley Seniors Organization.

### HAPPY BIRTHDAYS & ANNIVERSARIES

The Valley Seniors Members send our best wishes to everyone celebrating
Birthdays & Anniversaries



### **Dan Hughes Shuffleboard Report for March 2025,** 1<sup>st</sup> **Earle** 21 points 18 Gary 3<sup>rd</sup> Ron Parker **17** Marcel 16 Judy 16 5<sup>th</sup> Wilf 12

### HARMONICA BAND

The merrily diverse, home-grown Cowichan Harmonica Band rehearses Tuesdays at 8:30 a.m. in downtown Duncan's Valley Seniors' Activity Centre. Following weekly practice, a dozen band members travel to a different local seniors' residence to perform 15 or so lively, familiar tunes for aged folks and their caregivers.

We have also played at Duncan Showroom's annual Christmas Toilet-Paper Fundraiser.

Pianist Kathy Reid leads about seven harmonica players, plus a bassist, violinist, and an accordionist. Some members also sing and play the ukulele.

New members are welcome to join our band that has entertained Cowichanians for about 50 years. Contact Kathy at 250-416-5394.

Peter Rusland

### **VSO RAMBLING WALKERS GROUP**

If you don't like walking alone come join us. Our weather is getting beautiful, flowers are blooming so are the trees. Spring is in the air. Starting this month we walk Monday-Saturday at 9:00am make your own schedule. 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 \$30.00 per year. If you are mobile and like to walk up to an hour at a time, you are welcome. Come and join our happy group.

Check out our Facebook Page: Valley Seniors Organization Rambling Walkers Group

Shirley K, Co-Ordinator

250-746-4433 Senior Centre

sjkolompar@shaw.ca

### Kitchen Report

Caroline Thompson and I are co-managing the Kitchen at the Center. It has been a learning experience for us, but we've both worked in the Kitchen for many years in different roles, so it hasn't been too difficult.

We put out a request at the Center for volunteers to help with sandwich making and dishwashing. We are happy to report we received an overwhelming response and have accepted 5 new volunteers into the kitchen. Unfortunately, 3 of our long-time volunteers are not available now due to injuries, but we are hoping to welcome them back when they are well. Several members have offered to do more shifts so, for now we are well staffed.

We have been working on streamlining processes to make things work quicker and easier. Lorne Repay, our Kitchen Liaison has been very helpful getting us supplies and making hotdogs on Tuesdays. Ron Hill our 2nd Kitchen Liaison continues to shop for kitchen supplies, make soups and make sure we have lots of sandwich meats cut and ready for sandwiches.

Thank you to all our Kitchen Volunteers. You are a fantastic team!

Please support the VSO kitchen and stop by for a snack or full lunch. We have very reasonable prices. Sandwiches from \$4.50, soup is \$4.50, and desserts are \$3.50 to \$4.50. If you just want coffee, tea, hot chocolate or juice, they are \$1.00 for a small and \$1.50 for a large. Where else can you get drinks that cheap in the Valley? A warmed muffin with butter is just \$3.00. We are open 9 am to 1 PM, Monday thru Saturday and Sunday from 9 to 1 PM to serve you if you are playing Bingo or Cribbage. We also sell Kitchen Gift Certificates of various values. They make great gifts! Ask at the Kitchen for one, we'll gladly sell you one!

Hope to see you at the Center often where we're happy to serve you what you'd like.

Claudia Parker Kitchen Coordinator

### **Advertising**

If you know of a reputable business or maybe your favourite business 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.

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, Advertising and 2024/26 Director

www.valley-senior.org.

**SPECIAL EVENT** 

**KENNY SHAW** 

**TICKETS ARE ON SALE NOW** 

**\$30.00 MEMBERS** 

\$35.00 NO-MEMBERS

**CHECK OUT THE POSTS AROUND THE CENTRE** 

TICKETS MAY BE PURCHASED THROUGH THE TREASURERS OFFICE

### **April 19th Dance**

Thank you to the 76 people who came out to our Dance with Copper Canyon keeping the dance floor busy.

Many thanks go out to all who helped with setting up, breaking down, preparation of food to make our dance a great success.

### **OUR NEXT DANCE May 17, 25**

with

### **ISLAND SPIRIT**

### **Western Theme**

### Dress up in your best Western Garb

See you around the Centre. Thanks again for coming, from your Dance and

Special Events Committee.

Shirley K, Claudia, Delores, Annette & Linda

### **CARPET BOWLING REPORT**

The finals for the Vancouver Island Carpet Bowling (VICB) were held on April 16, 2025 in Honeymoon Bay Community Hall and the results of the North Island against the South are as follows:

Pairs 1st Crofton

2nd Lighthouse

3rd Bowen Park (Afternoon)

Triples 1st Bowen Park (Morning)

2nd Honeymoon Bay

3rd Duncan Lawn Bowling

Fours 1st Langford 50+ Club

2nd Bowen Park (Morning)

3rd Bowen Park (Afternoon)

Unfortunately our team did not get medal.

We wish that Cindy Shillito wil soon be well enough to come back bowling after the mishap she had.

Happy Birthday to Ron Forsen on his 92 birthday on April 29th.

Joan Ayers

Carpet Bowling Coordinator

Valley Seniors Organization, 198 Government St. Duncan, BC 250-746-4433



DANCE Saturday May 17th. 2025

Music By

Island Spirit

\$15 Per Person (at the door)

7 pm - 10 pm Doors open 6:30 pm

LIGHT LUNCH



# Valley Seniors PRESENTS KENNY SHAW

## Country Singer / Comedian

THEATRE SHOW

SATURDAY, JUNE 28TH. 2025

Members \$30 Non Members \$35 Refreshments-



2 pm - 4:30pm Tickets on sale April 28th. 2025

Cash Bar

From Comox, BC









Valley Seniors Organization, 198 Government St. Duncan, BC 250-746- 4433



SATURDAY MAY 24TH. 2025

2:00 PM (Doors open at 1:45 pm)

Come for an Afternoon of Musical Fun

Ukulele Players

> Refreshments available during intermission



**All Members Welcome** 

FREE TICKETS WILL BE AVAILABLE AFTER MAY 5th. AT THE FRONT DESK.

To be held at:
Valley Senior's Organization
198 Government St. Duncan, BC
250-746-4433

50/50 WINNERS APRIL 2025					
DATE	NUMBER	AMOUNT	WINNER		
1-APR.	776748	\$142.50	BENNIE THOMAS		
6-APR.	258167	\$115.00	SHEILA GARRISON		
8-APR.	842899	\$120.00	DEBBIE MARC		
13-APR.	074313	\$ 87.50	ZENA ROLAND		
15-APR.	777049	\$100.00	DONNA ALLEN		
22-APR.	258638	\$152.50	ROLLY EITHIER		
27-APR.	843716	\$115.00	MARIE PYREZ		
29-APR.	074431	\$122.50	ROLLY EITHIER		
NEIL PETERS TREASURER					

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### **Chad Gurski**

Owner

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E chad.gurski@valleyfloors.ca T 250.748.2581 C 250.715.8466 F 250.748.0811

www.valleycarpetoneduncan.com



VALLEY CARPET ONE SHOWE



Duncan, British Columbia, CANADA

Band Mgr Joel Bailey jo3@shaw.ca



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### INDEPENDENT LIVING FOR SENIORS

- 5905 Indian Rd in Duncan
- abbeyfield@live.com
- 250 748 1352



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Duncan, BC V9L 1M8

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Owner-operator

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OPEN MON.—FRI. 9:00am - 3:00pm SAT. 9:00 am - 1:00 PM Watch the notice board for weekly specials!

IF YOU ARE SICK PLEASE STAY HOME

21111	7.00 am - 1.00 I W	
	CARPET BOWLING	• 9:15am (BINGO HALL)
	WALKING GROUP	• 9:30
MON	• CONTRACT BRIDGE	• 12:00 (CRAFTROOM)
	• CRIBBAGE	• 12:00 (BINGO HALL)
	• SHUFFLEBOARD (Tournament)	• 11:30 (DINING ROOM)
	HARMONICA BAND	• 8:30am (STAGE BINGO HALL)
TUES	• WALKING GROUP	• 9:30
	• BINGO	• 11:00am EARLY BIRD (BINGO HALL)
		• 12:00pm REGULAR GAMES (BINGO HALL)
	CHAIR YOGA (2 CLASSES)	• 10:30am / 12:15pm( CRAFT ROOM)
	• CRAFTS	• 9:00am (CRAFTROOM)
	• CARPET BOWLING	• 9:15am (BINGO HALL)
WED	• WALKING GROUP	• 9:30
WED	• MUSIC (ISLAND SPIRIT)	• 11:00am (STAGE BINGO HALL)
	• SHUFFLEBOARD	• ANYTIME (DINING ROOM)
	• CHOIR (1st & 2nd WED)	• 1:00pm (BINGO HALL FRONT 1/2)
	• DARTS	• 1:00pm (BINGO HALL BACK 1/2)
	• 4th WEDNESDAY of EACH MONTH(GENERAL MEETING)	• 1:00pm (BINGO HALL)
	• CARPET BOWLING	• 9:15am (BINGO HALL)
THUR	• WALKING GROUP	• 9:30
	• CARVERS	• 11:00am (CRAFTROOM)
	• CRIBBAGE	• 12:00 (BINGO HALL)
	• LADIES SHUFFLEBOARD	• 12:30pm (DINING ROOM)
	DUPLICATE BRIDGE	• 9:00am (BINGO HALL)
	• CARPET BOWLING	• 9:15am ((BINGO HALL BACK 1/2)
	• WALKING GROUP	• 9:30
FRI	• WHIST	• 12:00 ((BINGO HALL BACK 1/2)
	• UKULELE	• 12:00pm (CRAFTROOM)
	• CHOIR (1st & 2nd FRIDAY)	• 1:00pm (BINGO HALL FRONT 1/2)
	• SHUFFLEBOARD	ANYTIME (DINING ROOM)
	• BOARD MEETING FRIDAY PROCEEDING GENERAL MEETING	• 10:00am (CRAFTROOM)
	SETERIE MEETING	
	SHUFFLEBOARD (TOURNAMENT)	• 9:30am (DINING ROOM)
SAT	WALKING GROUP	• 9:30
	• LINE DANCING	• 10:00am (BINGO HALL)
	• VSO DANCE (DOORS OPEN 6:30 pm \$15.00)	• 7:00pm: (BINGO HALL)
	• BINGO	• 10:15am DOORS OPEN
SUN		• 12:00pm EARLY BIRD
		• 1:00pm REGULAR GAMES
		1 - 1 - 1 - 1 - 1 - 1 - 1

## MAY 2025

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