

VALLEY SENIORS NEWSLETTER

APRIL

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

Firstly, I would like to congratulate all those that were elected to the Executive, and to our Board of Directors, during this year's Annual General Meeting. We had 100 members in attendance this year. A great turn out. Thanks to all of those that helped with the preparation of this meeting and especially to Claudia who stayed late on Tuesday to plate the treats that we all enjoyed.

Ron has done a great job so far in arranging the trades people to complete many of the jobs to be done in this year's maintenance budget. We have a new Fridge and a new Shuffleboard on the way, and some of the painting is already completed.

Plans for this year's volunteer recognition luncheon are nearly complete and I'm looking forward to the event on April 25 th .

Earle

REPORTS

50/50 WINNERS		FEBRUARY	NEIL PETERS
DATE	NUMBER	AMOUNT	WINNER
3-MAR.	608427	\$147.50	REBECCA FOTHERGILL
6-MAR.	208600	\$127.50	SANTANA MacDONALD
10-MAR.	753271	\$122.50	REBECCA FORTHERGILL
13-MAR.	712813	\$105.00	SHARON BERGMAN
17-MAR.	608876	\$125.00	DIANNE WHETSTONE
20-MAR.	208997	\$80.00	WILLIE CARTE
24-MAR.	7583540	\$105.00	RON HILL
27-MAR.	712875	\$130.00	CHAR ELIASON
31-MAR.	609134	\$130.00	CORINNE LaFORTINE

NEW EXECUTIVE & DIRECTORS 2026 - 2027

PRESIDENT: EARLE DYKES

1st VICE: SHIRLEY KOLOMPAR

2nd VICE: ROSE MacKENZIE

TREASURER: DAVE BEVAN

SECRETARY: CAROLINE THOMPSON

DIRECTORS:

AL JONES

SHELLA GARRISON

DENISE HAMILTON

CLAUDIA PARKER

MARLENE HERRMANN

ANDY KELLER

TRUDY FIEGE

**Congratulations to the newly elected members
and to the returning Executive & Directors**

Carpet Bowling Report

Once again I would like to congratulate Cindy Shillito and Ron Forsen on winning gold in the Vancouver Island Tournament last month. That was great news upon my return from vacation. Weather precluded us from attending the triples however we were able to attend the fours. The winners of the fours are Joan Ayers, Doreen Brown, Brian Cameron, and Bridgit Larson, who won gold at the Vancouver Island Bowling Tournament, played at Honeymoon Bay.

At this time I would like to welcome three new bowlers to our VSO family: Rene Lloyd, Angie Martini, and Emily Westgate. Great to have them aboard.

Have a wonderful Spring everyone.

Andy Keller

Carpet Bowling Co-Ordinator



"Whoa! Now, that was AMAZING!" - David Foster // "A ★★★★★ Show." - Mike Devlin, Times Colonist

Jason Verners Magic: Live On Stage



In partnership with the Valley Seniors Organization of Duncan, Jason Verners brings his award-winning magic back to Duncan, BC

As Seen On Got Talent Espana & CHEK's The Upside

May 30, 2026
Doors: 1:30PM
Show: 2:00PM
Tickets: \$45

social: @jasonverners

web: jasonverners.com

Tickets on sale March 30th at Reception

JASON VERNERS MAGIC

This is an afternoon of fun entertainment for all, come and enjoy the fun.

You may have seen Jason on the

Upside on Check TV.

Don't miss seeing him in person

At

The Valley Seniors Organization

MAY 30, 2026

Doors open: 1:30PM

SHOW: 2:00pm

TICKETS: \$45.00 per person

TICKETS ON SALE MARCH 30, 2026

DON'T MISS OUT ON THIS SHOW

Jason Verners is an award-winning sleight-of-hand magician from Victoria, BC. He was nominated for Canadian Magician of the Year and Canadian Rising Star at the Allan Slaight Awards and was featured on the cover of the largest magic industry publication in the world. Most recently, Jason competed on season nine of Got Talent Espana (<https://www.youtube.com/watch?v=dHbSyMs8xuo>) and received a standing ovation in Madrid, Spain.

Now, Jason is sharing his latest effects during his regular appearances on CHEK's The Upside TV program, while also touring theatres internationally and performing at select corporate functions and exclusive private events. You can also catch Jason's work on select dates in Las Vegas at the iconic Griffin Cocktail Bar on Fremont Street

Cheers



VSO RAMBLING WALKERS GROUP

If you don't like walking alone come join us. Spring is coming despite the occasional snow fall. 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.

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, Advertising

Shuffleboard Report for February 2026. Dan Hughes.

1st Barry 17 points

2nd Marcel 14 “

3rd Ken 12 “

3rd Betty 12 “

4th Diane 11 “

4th Rad 11 “

5th Gary, Dan

22 players participated. 21 games played.

DANCE AND SPECIAL EVENTS

St. Patrick's Day Dance (Music by Double Play)

Thank you to all the 62 people who attended our Dance on Mar. 21st. congrats to Oriana our door prize winner. Thank you to all those who helped pull it all together, ironing table cloths, sandwich/sweets makers and setting out, decorators, table setting-up/taking down, bar, dishwashing, washing tablecloths, poster maker and money taker. You all know who you are.

Next Dance

Danny and the Seniors

Apr.18th

SPECIAL EVENTS IN THE WORKS

Jason Verners Magic

May 30th

Tickets on Sale Mar.30th \$45.00 pp

HAWAIIAN LUAU DINNER/DANCE Aug. 15th

Music by Danny & the Seniors

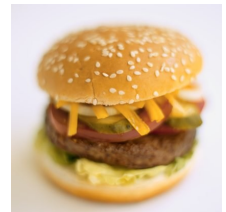
Thank you for your ongoing support.

Shirley Kolompar Dance Committee Co-Ordinator

KITCHEN MONTHLY SPECIALS

TUES. - APRIL 7}

HAMBURGERS FRIES & SLAW \$10.00



WED. - APRIL 8}

TUES. - APRIL 14}

HAM, CHEESE & MACARONI CASSEROLE \$10.00

WED. - APRIL 15}

TUES. - APRIL 21}

HOT TURKEY SANDWICH & SALAD \$10.00



WED. - APRIL 22}

TUES. - APRIL 28}

CHICKEN STRIPS FRIES & SLAW \$10.00



WED. - APRIL 29}

Valley Senior's Bus Committee Report

Our committee met on March 13th with 5 people in attendance. We have another driver, Susan Hopkins as well as Paul Richards.

This last Wednesday Caroline hosted another trip to the Elements Casino in View Royal. We had 20 passengers on this trip, plus our driver Susan. The Casino was advertising an "All You Can Eat Pasta Special". I do know one of our Seniors managed to eat at least 3 or 4 servings, well done Willie! Not sure about the winners, we will keep that top secret.

We have quite a few trips lined up for our members.

-Thursday, April 2nd "Victoria Butterfly Gardens followed by lunch at the Prairie Inn Neighborhood Pub. The trip and entrance fee to the Gardens is \$45. each. Paul is your driver.

-Thursday, April 30th, Cascades Casino trip, cancelled due to lack of interest.

*We are instead doing a trip to the B. C. Aviation Museum & Sidney Harbour Chinese Buffet Restaurant. Bus trip \$30.00, Museum \$14.00 (guided tour) and lunch at own expense.

-Thursday, May 21st, "CFB Esquimalt Naval & Military Museum". We will be having a 90 minute guided tour. Please if you have difficulty walking bring your cane or walker. We will be stopping for lunch at the Apple Tree Family Restaurant after the tour. The cost is \$35., which does not include your lunch. Paul will be your driver. For the month of June we are working on a trip to Steveston Cannery and our ever famous Circle Tour.

We have several other trips in the works, watch your Notice Boards.

Please sign-up asap with payment for any of our trips, help keep our bus running.

Cheers,

Rose MacKenzie



CONGRATULATIONS

FRAN

on your

28 CRIB HAND

Financial Report	2026	FEBRUARY
	BINGO	GEN. Account
Opening Balance	\$4,253.83	\$127,457.81
Income	\$7,637.50	\$20,339.23
Expenses	\$8,585.17	\$78,696.57
Closing Balance	\$3,306.16	\$69,100.47
David Bevan		
VSO Treasurer	(-\$947.67)	(-\$58,357.34)
		\$70,000.00 GIC'S
		\$58,357.34 LOSS
		\$11,642.66 TOTAL PROFIT

April Kitchen Report

Spring is upon us and we've put together a month's worth of lunch specials. They will be offered every Tuesday and Wednesday from 11 am to 12:30 pm. They are posted in this Newsletter and on the menu board at the Kitchen. Please come out and try a lunch special before or after you participate in one of the many activities available at the Center. We also have our standard menu items of hot breakfast sandwiches, muffins, made to order sandwiches, home made soups, and many delicious desserts made in house. Ice cream treats, chocolate bars, chips and cheezies are available too for those who just want a snack. Of course we offer coffee, teas, pop, hot chocolate and iced tea. Lots of choices for our members!

Thank you to everyone who comes out to enjoy our food. We love trying new menu items for you, so if you have a favourite you'd like us to make, please let us know. We'll see if we can make it.

Thanks also to the Membership for approving the purchase of a new 2 door fridge and a new floor for the kitchen. These items will improve our lives greatly on a daily basis. The kitchen volunteers are there 6 days a week, plus Friday nights to support our membership. That's a lot of volunteering and we appreciate all the thanks and encouragement we get from you.

We have a new volunteer joining our kitchen group and another one returning. If you'd like to join our team and commit to a 3-hour shift, please see us! We can always use help!

Happy Easter Everyone!

Claudia and Trudy, your kitchen coordinators.



DART REPORT

We are getting about 8 to 10 players out. Please come join us, we don't judge.



CRAFT REPORT

The display cabinets next to the reception desk showcase the handcrafted work of the VSO Craft group. Please talk to the receptionist if you wish to view and/or purchase an item. 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. The Craft Group will be holding our Spring Sale in the Craft room at the end of the month.

Thank you for your support.

VSO Craft Sale

Monday, April 27 th and Tuesday, April 28 th

9:00 am to 2:30 pm

In the Craft Room

Much of the Winter Stock will be on SALE.

Time to buy scarves, hats, sweaters, afghans,... for gifts

and next winter!

Sheila Garrison

(Craft Group Coordinator)

ADVERTIZING



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Sometimes miracles are just good people with kind hearts.

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**JUST LIKE FAMILY
HOME CARE**

COMPANIONSHIP

- Focus on active living
- Address loneliness or isolation concerns
- A friendly phone reminder/ virtual check in
- Help maintaining cultural traditions / hobbies
- Have new experiences or learn something new.
- Outings & adventures!

HOME SUPPORT

- Light housekeeping
- Laundering/ Changing bed linens
- Organizing/ Downsizing
- Vacuuming/ Mopping/ Dusting
- Disinfecting high contact surfaces (counters door handles, faucets)
- Plant Care/Pet Care
- Meal planning, preparation & Grocery shopping

PERSONAL CARE

- Bathing/Dressing/ Grooming/
- Hygiene/ Toileting
- Feeding
- Mobility/Lifts & Transfers
- Medication Reminders

ADDITIONAL SUPPORT SERVICES

- Overnight Care
- Attendant Transportation
- 24 Hr Care
- Respite Care

Initial transition of care starts at **HOME...** the best place to be!

Flexible Options of Care

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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

10 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

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

<p>MON</p>	<ul style="list-style-type: none"> • CARPET BOWLING • WALKING GROUP • SHUFFLEBOARD (Tournament) • CONTRACT BRIDGE • CRIBBAGE 	<ul style="list-style-type: none"> • 9:15am (BINGO HALL) • 9:30am • 10:00am (DINING ROOM) • 12:00pm (CRAFTROOM) • 12:00pm (BINGO HALL)
<p>TUES</p>	<ul style="list-style-type: none"> • HARMONICA BAND • WALKING GROUP • BINGO 	<ul style="list-style-type: none"> • 8:30am (STAGE BINGO HALL) • 9:30am • 11:00am EARLY BIRD (BINGO HALL) • 12:00pm REGULAR GAMES (BINGO HALL)
<p>WED</p>	<ul style="list-style-type: none"> • CRAFTS • CARPET BOWLING • WALKING GROUP • MUSIC (ISLAND SPIRIT) • SHUFFLEBOARD • CHOIR (1st & 2nd WED) • DARTS • GENERAL MEETING 	<ul style="list-style-type: none"> • 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)
<p>THUR</p>	<ul style="list-style-type: none"> • CARPET BOWLING • WALKING GROUP • CARVERS • CRIBBAGE • LADIES SHUFFLEBOARD 	<ul style="list-style-type: none"> • 9:15am (BINGO HALL) • 9:30am • 11:00am (CRAFTROOM) • 12:00pm (BINGO HALL) • 12:30pm (DINING ROOM)
<p>FRI</p>	<ul style="list-style-type: none"> • DUPLICATE BRIDGE • CARPET BOWLING • WALKING GROUP • UKULELE • CHOIR (1st & 2nd FRIDAY) • SHUFFLEBOARD • BOARD MEETING <p style="text-align: center;">BINGO</p> <ul style="list-style-type: none"> • DOORS OPEN - 4:00pm • EARLY BIRD GAMES - 6:00pm • 10 REGHLAR GAMES - 6:30pm • PLUS OTHER BINGO GAMES <p style="text-align: center;">COME AND ENJOY THE FUN</p>	<ul style="list-style-type: none"> • 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) <p style="text-align: center;">VSO BINGO HALL</p>
<p>SAT</p>	<ul style="list-style-type: none"> • SHUFFLEBOARD (TOURNAMENT) • WALKING GROUP • LINE DANCING 	<ul style="list-style-type: none"> • 9:30am (DINING ROOM) • 9:30 • 10:00am (BINGO HALL)

APRIL 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
						
5. CLOSED EASTER	6. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	7. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	8. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS: 1:00pm CHIOR 1:00pm	9. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	10. 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	11. SHUFFLEBOARD – 9:30am LINE DANCING 10:00am
12. CLOSED	13. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	14. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm St. PATRICK'S DAY	15. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS: 1:00pm	16. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	17. CARPET BOWLING 9:15am BRIDGE 9:00am UKULELE 12:00pm CHOIR 1:00pm BOARD MEETING – 10:00am BINGO – DOORS OPEN 4:00pm EARLY BIRD GAMES – 6:00pm REGULAR GAMES – 6:30pm	18. SHUFFLEBOARD – 9:30am LINE DANCING 10:00am DANNY & THE SENIORS
19. CLOSED	20. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	21. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	22. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS 1:00pm GENERAL MEETING – 1:00pm	23. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	24. 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	25. SHUFFLEBOARD – 9:30am LINE DANCING 10:00am SPECIAL EVENT VOLUNTEER APPRECIATION DINNER
26. CLOSED	27. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	28. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	29. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS 1:00pm	30. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	 Happy Easter	