

# VALLEY SENIORS NEWSLETTER

**MARCH.**

**2026**



## EXECUTIVE OFFICERS

President - Earle Dykes

1st Vice Pres - VACANT / 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



**PUBLISHED BY: The Valley Seniors Organization**

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**web site: [www.valley-seniors.org](http://www.valley-seniors.org)**

# MESSAGE FROM EXECUTIVE

## MESSAGE FROM THE PRESIDENT

First of all, I would like to thank the membership for passing our Annual Repair and Maintenance Budget for 2026. A number of issues have been addressed in this budget and our center will benefit greatly.

Thanks to everyone who helped in this process and to Ron Hill for agreeing to manage this project.

We have enjoyed several Special Events over the last few months. Many volunteers have worked hard to put these events on. Thanks to their efforts a good time was had by all that attended.

Can you bake? Can you make sandwiches or take cash? If so our kitchen could use your help. Even one or two 3 hour shifts per week would help reduce the workload of those working now in the kitchen. Your help can go a long way to make things better here at the VSO. Once again I ask that you support your organization. We need you to support our bus trips, special events, dances, kitchen, bingos and all other activities to continue to provide the services we now have.

Your membership dues are not enough to provide all the things that happen here at the center.

Thank-you

Earle Dykes



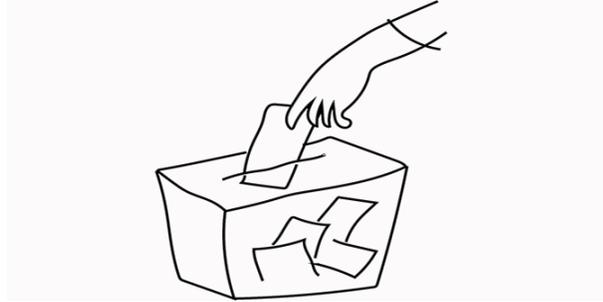
# REPORTS

## NOMINATIONS 2026

Nominations are now complete, from the nominating committee. At the February General Meeting the Nominating Committee was asked to step down. At the March Annual General, a member from the Nominating Committee, may be nominated from the floor. **ONCE AGAIN TALK TO THE MEMBER YOU WISH TO NOMINATE, INSURE THEY ARE WILLING TO RUN FOR A POSITION.**

Thank you to Melane and John for the great job they have done, seeking out potential candidates.

- 1st Vice: Rad Petrovic
- Shirley Kolompar
- 2nd Vice - 1year Delia Broswick
- Trudy Fiege
- Rose MacKenzie
- Directors Cindy Shillito
- Marlene Herrmann
- Andy Keller
- Delores Billings
- Secretary ???



**THIS CLUB BELONGS TO THE MEMBERS, IT IS YOU THAT MAKE THE DIFFERENCE.**

**PLEASE COME OUT and VOTE MARCH 25th, 1:00pm**

Ron Hill

Financial Report	2025	DECEMBER
	BINGO	GEN. Account
Opening Balance	\$4,175.45	\$73,612.45
Income	\$7,418.50	\$63,698.87
Expenses	\$7,340.12	\$9,853.51
Closing Balance	\$4,253.83	\$127,457.81
David Bevan		
VSO Treasurer	\$78.38	\$53,845.36

## LINE DANCE REPORT



Line dancing is continueing to improve each week, the number of members have increased to 30 plus dancers. Thank you to the people that stepped up and got this activity moving forward. This picture represents 27 of the dancers, keep enjoying a fun activity, if you need help in anyway please contact your Liaison Marlene Herrmann.

## Carpet Bowling Report

The annual Honeymoon Bay Carpet Bowlers Fun Tournament was on February 21<sup>st</sup> and we were represented quite well. Almost our entire contingent of bowlers attended. Lots of fun was had by all.

South Island Pairs were held February 25<sup>th</sup> where Ron Forsen and Cindy Shillito represented VSO. I was on holiday at that time so I'm unaware of the result however I'm sure they did quite well.

Next up are the Triples on March 11<sup>th</sup> and the Fours on March 25<sup>th</sup> both at Honeymoon Bay. This will be followed by the Finals on April 15<sup>th</sup> at Lake Cowichan.

Don't forget for those of you who may like to take up the sport, I will have the carpet set up every Friday between 8:30 and 9:00 for lessons. I'll keep this going as long as there's interest shown.

If there are any questions at all about our Carpet Bowling activities please feel free to contact me. I am always available.

Andy Keller

Carpet Bowling Co-Ordinator



CONGRATULATIONS

CINDY SHILLITO

and

RON FORSEN

WINNERS OF GOLD

## Kitchen Report

We would like to thank the kitchen crew and other volunteers who helped with the Valentine's Dinner. It was another tremendous success. Thanks also to everyone who gave us such great feedback on the dinner, not only verbally but in writing. It is appreciation like we received that keeps us motivated to make these dinners. Our next big dinner will be in August when we will be cooking a Hawaiian 3 course dinner for the Hawaiian themed dance. We are also looking at having food for the Saturday Duncan Day Parade in July. We've done this in the past. The Center has a live band playing and we offer barbeque type food. It is a fun day at the Center so be sure to come on in! We have been offering an additional menu item on Tuesday and Wednesdays along with our standard soup and sandwiches. We offered casseroles twice in February. They were well received so we will continue doing this in March. Come in and see what we have on the menu!

Things are running smoothly in the kitchen, but we do need volunteers to become part of our team. If you would like to do a shift in the kitchen, please see one of us. Shifts are 3 hours long and we are a fun group to work with!

Spring is upon us and we hope to see you at the Center!

Claudia & Trudy, Your Kitchen Coordinators.

## VSO RAMBLING WALKERS GROUP

If you don't like walking alone come join us. Winter is here along with our Coastal Rain and the occasional snow. 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. I will provide you with our monthly schedule. You may contact me Shirley K, Co-Ordinator at 250-746-4433 Senior Centre or [valleyseniorsfront@gmail.com](mailto:valleyseniorsfront@gmail.com) for further info.

## 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](mailto:valleyseniorsfront@gmail.com). Facebook Page: Valley Seniors 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](http://www.duncancc.bc.ca)

Shirley Kolompar, Advertising and 2024/26 Director

[www.valley-senior.org](http://www.valley-senior.org).

## **Dance and Special Events**

Valentine Dinner and Dance

Feb.14.2026

What a great Event, the Dinner was fantastic, music entertained us by Danny and the Seniors. Where can you go anywhere for a wonderful evening with dinner and dancing for \$40.00 only at the Valley Seniors Organization. Keep your eye open we are working on our Next one. Thank you goes out to Claudia and Trudy and their team for the fantastic Dinner, Bartenders-Caroline and Rose, Marlene and Team for Decorations, the Dance Committee and team for all the rest, setting up the tables, setting the dinner settings, ironing the table clothes, ticket sales, clearing dishes, clearing drink glasses, posters and every other little thing. If it wasn't for these volunteers it wouldn't have happened.

### **Special Events in the works**

**Jason Verners Magic**

**As seen on the Up Guys on Chek TV**

**May 30th**

**Tickets on sale March 30th**

**Open House**

**Duncan Days**

**July 11**

**Music by Danny and the Seniors**

**Hawaiian Luau Dinner & Dance**

**Aug. 15th**

**Kenny Shaw**

**Date to be announced**

Thank you for your ongoing support

Shirley Kolompar Dance Committee Co-Ordinator

Shuffleboard Report for January 2026.     Dan Hughes.

1 <sup>st</sup>	Dan	20 points	
2 <sup>nd</sup>	Tony	18	“
2 <sup>nd</sup>	Earle	18	“
3 <sup>rd</sup>	Marcel	17	“
4 <sup>th</sup>	Diane, Linda, Ron Hill	16	“
5 <sup>th</sup>	Steve	14	“

**27 games played. 24 players participated.**

**DECORATING COMMITTEE**

Thank you to all who help our decorating committee when we need extra help decorating this large space, for dances and Special Events. I really appreciate all of you. This committee is made up of about 3 people, who love to create unique or simple table centers for the dining room, the Wednesday Social and the monthly dances. We don't have a budget, we have only the resources we have on hand. We have to be creative.

We are trying to leave decorations up for the whole month, even though it is only one day of the month that is being celebrated. We want to brighten up this building to make this place a welcoming place to come and enjoy. In the past some people think the holiday is over, so they start to take the decorations down. If you are not on the Decorating Committee please do not take them down. Sharon and I have spent hours and hours, this past year, organizing and sorting out these decorations. Come and see me or leave a message at reception to contact me, if you have a problem. If you have any ideas on how to help implement the decorating to enhance this building in keeping a cheery outlook all year round. I am open to any ideas. Or I could put you to work helping us by putting away these items that get taken down.

There is an old proverb saying **"A place for everything and everything in its place."** It promotes a clutter-free environment, saving time and reducing stress.

Thank you for your appreciation of our decorations. It makes us feel appreciated.

Marlene Herrmann, Director  
and Decorating Coordinator

## **Valley Senior's Bus Committee Report**

Our committee met on February 13th with two new people. We have another driver, Susan Hopkins as well as Paul Richards. We welcomed another member to our committee, thank-you for stepping forward Shirley Kolompar.

Caroline and 21 of our Seniors had a fun trip to the Elements Casino in View Royal on January 29th, with Paul as their driver.

We had a great trip to the Museum/Imax and Spaghetti Factory on February 12th. We had 15 seniors, plus myself and Paul our driver.

Caroline will be hosting another trip to the Elements Casino on Wednesday, March 18th. They are having an "All You Can Eat Pasta" event, starting at 4:00 pm- \$9.99 each. The Best Part, you receive \$10. in free play on your Encore Card (eat in only), Plus, receive a ballot for a chance to win \$1,000.00 in cash.

Unfortunately, the Victoria Harbor Ferry Tours are far too expensive for us. However the tour of CFB Esquimalt is in the works, May 21st or May 28th.

We are working on many other trips and hope to have more information soon.

April 2nd Butterfly Gardens, April 30th Cascades Casino

For any of our trips please sign-up asap. If the trips do not fill, we have to make the decision to cancel due to lack of interest. None of us like to cancel trips, our bus needs to be kept running

Cheers,

Rose MacKenzie

Bus Chairperson

### **INCOME TAX**

**INCOME TAX DONE FREE FOR THOSE WHO MEET THE FOLLOWING GUIDELINES**

**SINGLE PERSON WITH INCOME UNDER \$35,000.00**

**MARRIED COUPLES WITH TOTAL INCOME UNDER \$45,000.00**

**TOTAL INTEREST FROM ALL SOURCES UNDER \$1,000.00**

### **DATES & TIMES**

**MONDAY, WEDNESDAY, THURSDAY, and FRIDAY**

**HOURS: 9:00am - 11:30am**

**NO APPOINTMENTS or DROP-OFFS**

**CONTACT: NEIL (250) 246-0149**

## Darts Report

Every Wednesday at 1:00 except the 4<sup>th</sup> Wednesday. (monthly meeting on that day). We usually play 3 games in an hour, if we are not too tired, we will play a fourth game. February was a good month. We had up to 10 players. These players are here to have fun, and not take ourselves too seriously. We had two new players Fred and Craig start this month. Welcome. Newcomer Craig showed off his talents by doubling out two out of 3 games. Excellent darts. Jim also doubled out for the 3<sup>rd</sup> game, of that day, same team. The next week we played 4 games, Jim doubled out twice to win two games and then Jeff doubled out to win the other two games, same team. Great darts everyone.

I'm seeing a trend here, I think I need to have any one of those players on my team. We choose teams by random pick of cards. So no favoritism allowed. Getting a score of 100 or more is a great accomplishment with this group of players. Judy, who drops in when she can, reached that goal this past week with a score of 100 in one turn, well done Judy.

Coordinator  
Marlene Herrmann

50/50 WINNERS		FEBRUARY	NEIL PETERS
DATE	NUMBER	AMOUNT	WINNER
3-FEB.	605511	\$122.50	A JIMMY
6-FEB.	289784	\$102.50	LESLY READ
10-FEB.	752084	\$117.50	JEAN GALLAGHER
13-FEB.	709603	\$ 85.00	FLORENCE CADORETTE
17-FEB.	605941	\$110.00	KIM THOMAS
20-FEB.	208034	\$ 82.50	FRACONE JONES
24-FEB.	752679	\$145.00	RON HILL
27-FEB.	712128	\$135.00	DELORES BOUTILIER

## CRAFT REPORT

The members of the Wednesday morning craft group continue to make unique gifts and household items which can be seen in the display cases next to the reception desk. If you wish to look at or purchase items from the display cases - please ask the receptionist for assistance.

Thank you to all the members who donate yarn, fabric and miscellaneous craft items.

Thank you for supporting our centre with your donations and purchases.

### SPRING CRAFT SALE:

Monday, April 27<sup>th</sup> and Tuesday, April 28<sup>th</sup> in the Craft Room during Centre hours. Many of our winter items will be marked down!

Craft Group Coordinator  
Sheila Garrison

# VSO

# St. Patrick's Dance

**MARCH 21st**

**DOORS OPEN: 6:30pm**

**MUSIC: 7:00pm**

**BAR OPEN: 7:00pm - 9:30**

198 GOVERNMENT St. (250) 746-4433



**MUSIC BY:**

**DOUBLE PLAY**

**\$15.00 per person**

**LIGHT LUNCH, DOOR PRIZE**

**FUN TO BE HAD BY ALL**

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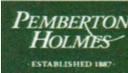


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TUESDAY & FRIDAY

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

# MARCH 2026

SUN	MON	TUE	WED	THUR	FRI	SAT	
1. <b>CLOSED</b>	2. CARPET BOWLING 9:15am SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	3. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	4. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS: 1:00pm CHIOR 1:00pm	5. CARPET BOWLING 9:15am CARVERS 11:00am CRIB 12:00pm LADIES SHUFFLEBOARD 12:30pm	6. CARPET BOWLING 9:15am BRIDGE 9:00am UKULELE 12:00pm CHOIR 1:00pm  <b>BINGO – DOORS OPEN 4:00pm EARLY BIRD GAMES – 6:00pm REGULAR GAMES – 6:30pm</b>	7.  SHUFFLEBOARD – 9:30am LINE DANCING 10:00am	
8. <b>CLOSED</b> <b>DAYLIGHT SAVINGS TIME BEGINS</b>	9. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	10. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	11. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS: 1:00pm CHIOR 1:00pm	12. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	13. CARPET BOWLING 9:15am BRIDGE 9:00am UKULELE 12:00pm CHOIR 1:00pm  <b>BINGO – DOORS OPEN 4:00pm EARLY BIRD GAMES – 6:00pm REGULAR GAMES – 6:30pm</b>	14.  SHUFFLEBOARD – 9:30am LINE DANCING 10:00am	
15. <b>CLOSED</b>	16. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	17. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm  <b>St. PATRICK'S DAY</b>	18. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS: 1:00pm	19. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	20. CARPET BOWLING 9:15am BRIDGE 9:00am UKULELE 12:00pm CHOIR 1:00pm  <b>BINGO – DOORS OPEN 4:00pm EARLY BIRD GAMES – 6:00pm REGULAR GAMES – 6:30pm</b>	21.  SHUFFLEBOARD – 9:30am LINE DANCING 10:00am  <b>St. PATRICK'S DANCE DOUBLE PLAY</b>	
22. <b>CLOSED</b>	23. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	24. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	25. CARPETBOWLING 9:15am CRAFTS 9:15am ENTERTAINMENT ISLAND SPIRIT – 11:00am DARTS 1:00pm	26. CARPET BOWLING 9:15am CARVERS 11:00am CRIB – 12:00pm LADIES SHUFFLEBOARD 12:30pm	27. CARPET BOWLING 9:15am BRIDGE 9:00am UKULELE 12:00pm CHOIR 1:00pm  <b>BOARD MEETING 10:00am BINGO – DOORS OPEN 4:00pm EARLY BIRD GAMES – 6:00pm REGULAR GAMES – 6:30pm</b>	28.  SHUFFLEBOARD – 9:30am LINE DANCING 10:00am	
29. <b>CLOSED</b>	30. CARPET BOWLING 9:15 SHUFFLEBOARD 10:00am CRIB – 12:00pm CONTRACT BRIDGE 12:00pm	31. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	 <p>St. Patrick's Day</p>				