

VALLEY SENIORS NEWSLETTER

OCT.

2026



\$1.00

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



PUBLISHED BY: The Valley Seniors Organization

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MESSAGE FROM EXECUTIVE

Message from the President

Well we are off to a great start this month with the removal of the new kitchen floor. Unfortunately because of this we had to close the kitchen once again; and I apologize to our membership for this inconvenience.

Plans are well on their way for New Years and more info will be coming shortly.

Elections are starting to ramp up now and many positions are up for renewal. Please consider one of these positions to help direct the VSO.

Thanks,

REPORTS

OUR BUS IS ON LIFE SUPPORT AND NEEDS YOUR HELP !!



This year our bus has generated \$9,136.33 in revenue and accumulated \$13,819.32 in expenses. We have lost \$4,682.99 this year to date. This can't continue or we will no longer be able to afford to run our bus. Our trips are not getting the numbers we need and 10-11 people on a trip doesn't even cover the costs. We don't need to make money on the bus, but we need to at least break even. If the support isn't there then tough decisions will have to be made regarding its future. If you don't want to lose the bus then you have to support it.

David Bevan

VSO Treasurer

Shuffleboard Report for August 2026. Dan Hughes.

1st 25 points Dan

2nd 24 “ Earle

3rd 17 “ Steve

4th 16 “ Gary, Ron Hill, Ken, Linda.

5th 15 “ Diane, Ron Parker.

6th 14 “ Ian, Wilf, Betty.

Maximum 30 individual games played. 18 players participated.

1 point per game to winners. 1 extra point for a skunk.

CARPET BOWLING REPORT

The 55+ BC games were held in Kamloops, September 8th to 12th, from our Zone 1 in fours team for carpet bowling Bert Lambert and Ian Hammocks placed 1st and received gold medals. Our team unfortunately did not place but believe you me, we tried. These games were the 1st two days and then we broke down into triples and pairs.

The triples team which Bert Lambert was in, received another gold medal coming 1st again, Congratulations to him for 2 gold medals won.

Cindy and myself were in the pairs, we lost 1 game only over the 2 days of play, tied for 1st but they had 6 shot points more than us. We placed 2nd and received silver medals which we were very happy to get.

There were 24 sports participating with 13 zones playing and our Zone 1 (Victoria to Satair) placed 4th in all of BC

Congratulations to everyone.

Joan Ayers

Carpet Bowling Coordinator

VSO RAMBLING WALKERS

How about coming for a walk with us, we walk the many beautiful trails we have in the Valley. We walk Monday to Saturday 9:30 am. Our walks are on level ground and you go at your own pace. You can touch base with me through the VSO at 250-746-4433 or

valleyseniorsfront@gmail.com

Happy walking,

Shirley Kolompar

Kitchen Report

Thank you all for your patience with the change over in the kitchen. It's quite the learning curve and I find it very enjoyable. We are all volunteers, trying to do our Best for the Valley Seniors Organization. There may be some changes but we are trying to keep things basically the same. Thank you to Sharon and Diane for stepping up to do Baking, Ron for the early morning Soup Making and all who have committed to their shifts. Rose thank you for all your shopping trips. We will be starting up at the end of October, Monthly Wednesday Lunch Specials & Burger Days.

Starting on Wednesday Oct. 7th we will have weekly soup and Sandwich Specials. Keep your eye on the Menu Board. \$8.00

Lunch Special October 21

Chicken Pot Pie and Salad \$15.00

Pot Pies Purchased from Mindful Mouthful (Clements Centre)

Please order ahead

Friday Night Bingo Kitchen 4-6pm

Thank you to those who volunteer to keep it open.

Thank you to all our members who bring in vegetables and fruits from their gardens. So delicious and useful.

See you at the kitchen window,

Shirley K and Rose M

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

www.valley-senior.org.

Valley Senior's Bus Committee Repor

Our Bus Committee met on September 11th, we had 5 members present.

-Wednesday, Sept. 2nd, we had a trip to the Dinghy Dock Pub on Protection Island. With this trip our passengers could do whatever they chose in the downtown area.

A trip to the Dinghy Dock Pub, The Military Museum, local shopping, Casino. We had 11 passengers, plus myself and Paul our driver, trip was \$35. return.

-Thursday, Sept. 17, The trip to the North Island Wildlife Recovery Center in Blackcreek was canceled, no Driver. This trip was to include Coombs and a stop at the Qualicum Cheeseworks. We had 8 passengers, plus myself and driver.

TICKETS ARE NOW ON SALE FOR

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

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

I have no worries for these shows, we will, if we haven't already, sell out.

-Thursday, Oct. 18th we have a trip to the View Royal Casino, \$35. return. This is always a fun trip with Caroline, sign-up today please.

-Thursday, Oct. 22nd we have a trip to Victoria Inner Harbour area. Dropping off at the Museum/Imax, choose your day, your sites to visit. Meet at the Spaghetti Factory for dinner at your own expense at 4:00 pm. Leaving Spaghetti Factory at approximately 5:30 pm for home. This is always an enjoyable day with friends.

Rose is your Hostess, Paul your Driver.

Every Report I say the same thing.

"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."

"We have over 800 members but we cannot fill this bus."

"This is Your bus, Your club, it is up to You."

Cheers, Rose MacKenzie, Bus Chairperson



Decorator Report

The September 19th dance was western themed. Some attendees dressed up which was really fun. Sixty people attended in all. It was my first time running a dance. Thank your to Oriana who irons all the table clothes so that we have a dance hall that feels fancy. Also thank you to Sharon who works with me on the Decorating Committee.

I was a little bit flustered in getting the dance to run smoothly like Shirley did, but a huge grateful thanks to Cindy, Diane, Delores whom steered me into what had to be done next, and of course Shirley, but she was tethered to the bar. (Did you get the play on words there to do with the western themed dance) Anyway all turned out well. All these events and everything that is supplied for everybody to enjoy is done by volunteers, which you all already know. We always need help to put these events together, for you, the members.

Within the last two days I have been fortunate enough to have two women come up to offer me with the setting up of the food and anything else for the next dance. I have a three names to help set up tables for these events, but so far the three have not been available due to assist in setting up tables and chairs, life getting in the way of fun. We appreciate these three men whenever they are available. It would be nice if we can get more names on the list of volunteers just in case we have no one to set up for these events. Please contact me through the receptionist if you can help out with an hour here and there.

Your help would really be appreciated in any way.

Thank you and please consider volunteering.

Marlene Herrmann\

Decorator and Dance Committee

CRAFT REPORT

Our Wednesday morning Craft group is very busy creating handcrafted items, using donated yarn and fabric. I want to thank the wonderful members who spend hours knitting, crocheting and sewing on Wednesday mornings, and at home, in order to fill the display cabinets behind the reception desk. Now that it is getting cooler outside, we will be adding new scarves, gloves, hats and toques to the cabinets. You can also find shawls and lap blankets to keep you warm at home. Once again, a BIG 'thank you' to all of you. By donating fabric and yarn and purchasing items from the display case - you are supporting our Activity Centre!

ADVANCE NOTICE:

VSO CHRISTMAS CRAFT SALE

Monday, December 7, 2026

Tuesday, December 8, 2026

Wednesday, December 9, 2026

The VSO Craft Group will be selling our handcrafted items in the Craft Room - a great time to view the work of the Wednesday morning Craft Group and purchase gifts for family and friends!

Sheila Garrison

Craft Group Coordinator

Dance Committee

The Sept 16th dance was Western Themed. The band was Double Play. The attendance for this dance was 60 attendees. The dance floor was always full. Compliments on the food, music and the decorations. The Door Prize was won by Kerry Marc.

The next dance is October 17th

The theme is Halloween. The band is Danny and the Seniors. You may wish to wear a costume, entirely up to you. Maybe we can come up with best costume prize. It was supposed to be October Fest. Unfortunately Trudy and Claudia resigned from the kitchen. So Halloween it is. Lets have a scary good time.

The November Dance is on the 21st

No theme just a regular dance. Come check out the band. The band is Double Play.

The December Dance is on the 12th, Dress code Festive Finery or just what you feel comfortable in, is the theme. The band is Copper Canyon.

The Big Event Hoopla is New Year's Eve.

The band Danny and the Seniors. Everybody enjoys Danny and his band. It should be a fun filled evening. We are having this Event catered by Gibby's Catering. The menu includes a Full meal of two types of Salad. Meat or Vegetarian Lasagne and a fruit dessert. New Years Eve always sells out so get your tickets early Tickets go on sale

October 19th

Cost of the ticket per person is \$65.00. See the New Years Eve poster for details. On New Years Eve there will be a photo opportunity in front of the Shuffleboard in the dining room area. Preserve the special evening with a picture with your loved ones.

Marlene Herrmann

Dance Coordinator

Financial Report	2026	AUGUST
	BINGO	GEN. Account
Opening Balance	\$6,699.37	\$45,035.49
Income	\$9,960.50	\$18,925.45
Expenses	\$7,646.36	\$30,820.21
Closing Balance	\$6,699.68	\$45,035.49
David Bevan		
VSO Treasurer	\$2,314.14	(\$11,,894.76)

Volunteering at the Valley Seniors

Volunteers are the backbone of the Center; without them, we could not keep our doors open. Revenue from the kitchen, bingo, bus trips, crafts, and other volunteer-run activities helps cover our ever increasing-monthly expenses. Like household expenses, the VSO's costs continue to rise.

I have volunteered at the Center since 2009 and value both what I have contributed and what the experience has given me. I have gained new skills, made new friends, and found a renewed sense of purpose. I have also enjoyed many of the Center's activities. I continue to support Friday Night Bingo and help prepare food for our monthly dances. We urgently need more volunteers to support those who are taking on an increasing number of tasks to keep the Center running. Too often, the same people step forward. At the last General Meeting, the Executive reported that we have more than 800 members, yet I rarely see even 10 percent of them at the Center—and those present are usually the same people. My question to every reader is simple: Why not volunteer and help make our Center the success it can be? We are the largest seniors' group in the Valley, yet we struggle to find enough people to help. I understand the demands of life at our age, but giving a few hours each month to an organization you chose to join is not too much to ask. As we age, friendship and opportunities to socialize become increasingly important. The Valley Seniors offers a welcoming place to connect and enjoy our golden years. Please consider volunteering with us—we need you. Stop by for coffee or lunch and speak with someone about how you can help.

Claudia Parker, VSO Director

50/50 WINNERS SEPTEMBER

DATE	TICKET	AMOUNT	WINNER
1-SEPT.	301949	\$130.00	CINDY S
4-SEPT.	343200	\$102.50	DEBBIE MARC
8-SEPT.	691328	\$157.00	DON MacKENZIE
11-SEPT.	343731	\$ 95.00	ANNE THOMAS
15-SEPT.	691977	\$137.50	DOREEN HAMYL
18-SEPT	726110	\$ 80.00	SUBRINA TOMMY
22-SEPT	518318	\$145.00	FREDA JIMMY
25-SEPT	214741	\$122.50	KATHRINE ALECK
28-SEPT	726557	\$132.50	FLORENCE CADORETTE
	DAVE BEVAN	TREASURER	

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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

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
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)	

OCTOBER 2026

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