

VALLEY SENIORS NEWSLETTER

**OCT.
2020**



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Claudia Parker, Ruth Graham, Don MacKenzie, Cindy Shillito, Warren Gammel
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**ALL REPORTS PLACED IN THE VALLEY SENIORS NEWSLETTER
ARE INSERTED AS RECEIVED**

BIRTHDAYS & ANNIVERSARIES

**The
VALLEY SENIORS MEMBERS**

Send our best wishes to everyone celebrating.

BIRTHDAYS and ANNIVERSARIES

This month.



In Memoriam

Peter Pearson (Robert)

FLU SHOTS



The center will once again be offering flu shots.

Watch notice board for dates.

Forms will be at front desk once everything is finalized.



Ladies Shuffleboard Thursdays 12:30-2

Hello Everyone, hope you are all keeping well.

Please be at the Centre by 12:15 or call or text me at 250-701-2864 if you will not attend.

Why not stop in for lunch before we play.

Cheers,
Shirley Kolompar



Darts Wednesday's 2-3pm

Hello Everyone, I hope you are all keeping well. It is nice to see you all. Please be at the Centre by 1:45 or call or text me at 250-701-2864 if you won't be playing.

Our Centre depends greatly on our kitchen, so why not come in for a quick lunch before Darts. Shirley Hill has been making a variety of beautiful Salads.

Cheers!
Shirley Kolompar



Line Dancing

Hello Line Dancers

It is absolutely wonderful to be dancing again and especially to see everyone.

John is doing very well and we hope come and visit us again soon.

I have been in contact with Betty T. and she and George are doing well. The renos are complete so they're doing a variety of other activities and keeping busy, and enjoying their new home.

We hope to see more of you coming back in the near future, we miss you and think of you.

Its difficult to appreciate how quickly time flies. I want to wish everyone and their families a Happy Thanksgiving. May it be happy, healthy and safe.

Let' dance, dance, dance

Karen.

EXCECUTIVE REPORT

First I want to thank all the Bingo players for attending under these trying times, they are all so willing to accommodate us. They are doing a good job at distancing, they are also supporting our club, Gail and the bingo ladies, and Peter, thank you so much. My wife Shirley Hill is still doing a wonderful job in the kitchen, of course with all her helpers. Shirley K. has stepped up and is helping with the buying, thank you . John K. is once again doing the clean up around the building, things look neat and tidy, thank you John. I know the list could go on and on, so let me finish by thanking everyone, all workers and members for keeping our centre open.

Sept. 23 General Meeting

First meeting since shutting down for Covid. March 13, 2020 Meeting was chaired by acting President Ron Hill, meeting was called to order at 1:00pm with 30 members in attendance. First order of business Ron spoke on how we got to where we are today, and possible steps moving forward. We are hoping to have an AGM most likely by March 23, 2021. We will be electing a complete board and executive at that time.

The Secretary was requested to send a letter to the City of Duncan thanking them for the support they have given the Senior Centre during these times. A heat pump is need for the kitchen area, this has been set aside until 2021City budget. Gutters are still an ongoing problem . We will contact the city once again for latest update. Ron thanked the many volunteers that keep this place running.

Door prize was won by Rolan Loiselle

Acting President Ron Hill

CRAFT REPORT

Our Wednesday morning Craft group is very busy creating handcrafted items, using donated yarn and fabric. I want to thank the wonderful ladies 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!

Watch for the **SALE** areas in the cabinet where you will find excellent prices on last year's stock of winter items.

'COVID-19' Christmas Craft Sale

Wednesday, December 2nd

during the Centre's opening hours

at the far end of the Bingo Hall

Sheila Garrison
Craft Group Coordinator

FINANCIAL REPORT

AUGUST 2020

	BINGO	GENERAL
OPENING BALANCE	\$5,300.91	\$16,117.16
INCOME	\$3,523.00	\$7,858.25
EXPENSES	\$2,332.79	\$9,895.10
CLOSING BALANCE	\$6,491.12	\$14,080.31
NEIL PETERS	VSO	TREASURER

GARDENER'S REPORT

Well everyone, summer is over and so is the garden, we had a long hot summer lots of weed so I covered everything with mulch, hopefully this will keep the weeds down. If there is someone that would like to volunteer some time next year, I could use the help.

Thank you to Ian Balding and John Kolompar for cleaning up all the leaves that are coming down.

The Happy Hoe'er

Wendy Painter

CARPET BOWLING

Carpet bowling has been going steady since the VSO reopened. The Covid 19 virus has changed us all. We are careful with keeping our distance and making sure after each day of play, that the bowls and sticks are cleaned. We generally have 2 carpets in play with anywhere from 8 - 14 bowlers playing.

We had an unusual occurrence this past month .The team of Otto Welk, Doreen Brown, Paulette McCaughey and June Mutch made an 8 ender. That is they had 8 bowls closer to the jack than their apponents bowls, WAY TO GO - Congratulations to all.



As we are not sure when life will get back to as close to the old way, there will be no “in house” competitions until we do.

We trust that everyone will do as

Dr. Bonnie Henry says

BE KIND, BE SAFE & BE CALM

Joan Ayers

Carpet Bowling Coordinator

Rollie had his brothers here to visit him on Sept 22.

Rollie is on the left or right not sure, Laurend is 19 minutes older than Rollie they are both looking good for their age. Identical twins!!

Dennis is in the center, and according to him better looking than both of them.



KITCHEN REPORT

September has been a very busy month for us in the kitchen. I am sure our regular customers can vouch for how much they enjoy the food that is being presented.

Ron has taken on making soup for bingo days plus he is always willing to spell me off with a Special of some sort on a Fridays .Tuesdays he grills up hamburgers or hot dogs.

Monday's & Thursday's are "salad days" if there is a request for them, I will make them!!! Wednesday's attract approximately 15-20 members for a full breakfast and Fridays there is always a "Special" of some sort.

I would like to get back to baking all the pies but so far there just isn't time for that. I squeak in a few!

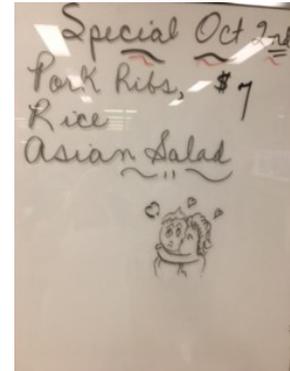
Thank you to everyone for your kind words and your support throughout this difficult year. I can't forget our bingo players!!!! We appreciate all the support you give us on Tuesdays.

Thank you to all the kitchen volunteers who work so faithfully!

Let's keep plowing ahead. One day at a time!

Shirley Hill

Kitchen Coordinator.



ART WORK BY: Rollie E

COVID 19

Remember if everyone does their part we will beat this. The flu season is coming, and things are likely to get worse. The Centre has been in touch with Savon Pharmacy they will be once again giving the flu shot here at the Centre. I do not have any date for this yet, once the date has been confirmed, it will be posted on the information board. All precautions must be taken, wearing of masks, 6ft distancing, we will be using the main hall.



We will win this battle with Covid 19 if v mmon sense. Please if a store requires you to wear a mask please do so. Please while at the Centre keep your distance, I know we slip back into old habits, but this needs to stop, for your protection and other members. I have seen the pool room crowded some times, take a look around if you think there are to many members in at one time, and you are not playing please leave the room. Keep you distance in the food line up, there is no rush everyone will be served. If you are coughing please wear a mask, members are concerned about their health and are uncomfortable being around someone that is coughing.

We can and will win the battle.

LIFE MEMBERS

We are now seeking two members in good standing that qualify for life membership.

- They must be a member in good standing for 10 years.
- They must have volunteered in some capacity as a member.
- All nominees are checked by the Board of Directors, for qualifications.

Life Memberships are an honour which may be bestowed upon members who have given outstanding service for the Valley Seniors Organization.

**FLU SHOTS WILL ONCE AGAIN BE AVAILABLE
AT THE
VSO
LATE OCT or EARLY NOV.**



WATCH NOTICE BOARD FOR DATE

Golden rules for wearing masks



If healthy, distancing is always better



Always wash your hands



If sick, stay home - no exceptions



Try not to touch your face



Reserve medical masks for health care workers



Treat everyone with respect - some people wear masks out of courtesy



Your mask should fit snugly, covering your nose and mouth



Use when physical distancing isn't possible

COVID-19 IN BC

These are Dr. Bonnie Henry's Golden Rules for wearing a mask.

OPEN MON.—FRI. 9:00am—2:00pm SAT. 9:00 am—1:00 PM CLOSED SUNDAYS	DAILY LUNCH WED. BREAKFAST 9:30am - 11:00am	DUE TO COVID 19 NOT ALL ACTIVITIES HAVE STARTED
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MON	<ul style="list-style-type: none"> • MEXICAN TRAIN • CARPET BOWLING • CONTRACT BRIDGE • MAH JONG • CRIBBAGE • SHUFFLEBOARD (Tournement) 	<ul style="list-style-type: none"> • TBA • 9:30am • TBA • TBA • TBA • 12:30pm
TUES	<ul style="list-style-type: none"> • HARMONICA BAND • BINGO 	<ul style="list-style-type: none"> • TBA • 9:45 early bird
WED	<ul style="list-style-type: none"> • CRAFTS • CARPET BOWLING • MUSIC • WHIST • CHOIR • EUCHER • SHUFFLEBOARD 	<ul style="list-style-type: none"> • 9:00am (BINGO HALL) • TBA • 11:30am • TBA • TBA • TBA • ANYTIME
THUR	<ul style="list-style-type: none"> • CARPET BOWLING • CARVERS • CRIBBAGE • LADIES SHUFFLEBOARD 	<ul style="list-style-type: none"> • 9:15am • 11:00am • 12:00pm • 12:30pm
FRI	<ul style="list-style-type: none"> • DUPLICATE BRIDGE • CARPET BOWLING • WHIST • CHOIR • UKULELE • TEACHING DANCE (BALLROOM) • SHUFFLEBOARD 	<ul style="list-style-type: none"> • TBA • 9:30am • 12:00pm • TBA • 12:15pm (BINGO HALL) • TBA • ANYTIME
SAT	<ul style="list-style-type: none"> • SHUFFLEBOARD (TOURNEMENT) • LINE DANCING • VSO DANCE 	<ul style="list-style-type: none"> • 9:30am • 10:00am • TBA

OCTOBER 2020

SUN	MON	TUE	WED	THUR	FRI	SAT
				1. CARPET BOWLING 9:15am CRIB 12:00pm	2. CARPET BOWLING 9:15am UKULELE 12:00pm WHIST 12:00pm	3. LINE DANCING 10:00
4. CLOSED	5. CARPET BOWLING 9:30am	6. BINGO 9:00am	7. BREAKFAST 9:30am CRAFTS 9:00am STEVE & FRIENDS 11:15am	8. CARPET BOWLING 9:15am CRIB 12:00pm	9. CARPET BOWLING 9:15am UKULELE 12:00pm WHIST 12:00pm	10. LINE DANCING 10:00
11. CLOSED	12. CARPET BOWLING 9:30am THANKSGIVING	13. BINGO 9:00am	14. BREAKFAST 9:30am CRAFTS 9:00am STEVE & FRIENDS 11:15am	15. CARPET BOWLING 9:15am CRIB 12:00pm	16. CARPET BOWLING 9:15am UKULELE 12:00pm WHIST 12:00pm	17. LINE DANCING 10:00
18. CLOSED	19. CARPET BOWLING 9:30am	20. BINGO 9:00am	21. BREAKFAST 9:30am CRAFTS 9:00am STEVE & FRIENDS 11:15am	22. CARPET BOWLING 9:15am CRIB 12:00pm	23. CARPET BOWLING 9:15am UKULELE 12:00pm WHIST 12:00pm BOARD MEETING	24. LINE DANCING 10:00
25. CLOSED	26. CARPET BOWLING 9:30am	27. BINGO 9:00am	28. BREAKFAST 9:30am CRAFTS 9:00am GENERAL MEETING	29. CARPET BOWLING 9:15am CRIB 12:00pm	30. CARPET BOWLING 9:15am UKULELE 12:00pm WHIST 12:00pm	31. LINE DANCING 10:00 HALLOWINE



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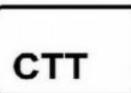
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