

# VALLEY SENIORS NEWSLETTER

APRIL

2024



**\$1.00**

## EXECUTIVE OFFICERS

President - Earle Dykes

1st Vice Pres - Jeff Theriau 2nd Vice Pres - Ron Hill

Secretary - Caroline Thompson Treasurer - Neil Peters Past President - Vacant

## DIRECTORS

Steve Avram, Sheila Garrison, Denise Hamilton

Rose MacKenzie, Marlene Herrmann, Frank Enns, Shirley Kolompar



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

## Message from the President

First of all I would like to congratulate those newly elected to the Executive team; as well as those newly elected to the Board of Directors.

Executive members:

1<sup>st</sup> Vice President    Jeff Theriau  
2<sup>nd</sup> Vice President    Ron Hill  
Secretary             Caroline Thompson

Board members:

Frank Enns  
Shirley Kolompar  
Rose MacKenzie  
Marlene Herrmann

I look forward to working with each and everyone of them, and thank the membership for their selections.

Thanks to our Kitchen staff, the Dance committee, the Bus committee, our Crafts people, the Bar committee and Bingo workers. The revenue you produce for us, due to your hard work, goes a long way in supporting this organization.

And last but not least, to you, the membership for your continued support of these many activities.

Remember you are the face of the Valley Seniors Organization. Any suggestions you may have to make this a cleaner, or safer place to be, is always appreciated. Be involved. Give us your feedback.

Earle Dykes  
V.S.O. President

## Kitchen Report

The kitchen cupboards and shelves in the front kitchen were painted in March. Everything looks brighter and cleaner. According to the Treasurer, February was a very good month financially. Thanks to our members for their continued support to the Kitchen. We are having problems with the large fridge and the dishwasher. Ron Hill is working with the commercial maintenance people to keep them working. Hopefully we don't need new appliances as they are very expensive to replace.

Claudia Parker, Kitchen Coordinator

# ELECTION RESULTS

## EXECUTIVE:

- **1st Vice - Jeff Theriau (2 year term)**
- **2nd Vice - Ron Hill (1 year term)**
- **Secretary - Caroline Thompson (2 year term)**

## DIRECTORS:

- **Frank Enns - (2 year term)**
- **Shirley Kolompar - (2 year term)**
- **Marlene Herrmann - (2 year term)**
- **Rose MacKenzie - (1 year term)**

## CARPET BOWLING

We thank our President Eale Dykes, Executive and the Board of Directors for all the work they have done this past year. We also welcome the new Executive and Directors to the Board of our Valley Senior.

The past month Play-downs were held in Honeymoon Bay for all carpet bowling events for Vancouver Island Tournament (VICB) and the following clubs go to the finals:

- Pairs - Honeymoon Bay and Cowichan Lawn Bowling.
- Triples - Honeymoon Bay and Valley Seniors Org.
- Fours - Honeymoon Bay and Langford 50 and over.

The above teams play teams from North Island at the Lake Cowichan Recreation Centre on April 10th to win trophies for the best team on our Island.

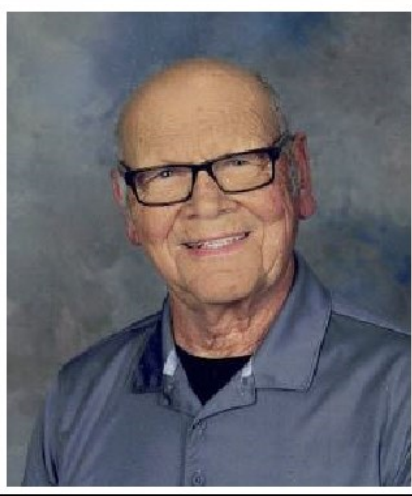
Provincials are coming up this coming month, again being played in Honeymoon Bay. Pairs will be Cindy Shillito and Ian Hammocks. Fours - Cindy Shillito and Ian also Joyce and Fred Lucke that are from Port Alberni. We are Zone 6 in the Province which is for the whole Island.

We wish Ron Forsen Happy 91st Birthday on April 29th.

Joan Ayers

Carpet Bowling Coordinator

# Steve Avram



Steve was born in 1939 in Kayville, Saskatchewan. Kayville was named by his father, after the name of their community in Romania from where they immigrated. They settled into a farming community, eventually building a school and a church, and named the school Queen Alexandria after the Romanian queen. His parents eventually ended up having 14 children, Steve being the youngest, and the only one left as of today. He had 9 brothers and 5 sisters, all of whom worked while growing up on their farmstead. They grew grains, raised cattle and a few other farm animals. Steve went to the one-roomed school, which accommodated grades 1 to 12. All the kids walked to school about a mile there and back,

and often got frostbite. They very rarely got sick with colds or flu, and for that he attributes the use of lots of garlic as their main antidote to all their ills. By the time Steve went to highschool, he was able to get his grades up to Gr. 11 in Regina. There were 28 years difference between his oldest sibling and himself, and he said, with a large grin on his face, a lot of the time he got lost in the shuffle. Most of his siblings had left home during his last few school years. His family were very connected to their Greek Orthodox church during these years, along with the love of music. Steve and three or four brothers all played either the violin, guitar or mandolin, and formed a small band who used to play at Romanian weddings in the surrounding countryside. Steve left home at the age of 15 and joined a band in Moose Jaw. They played on the radio and for all the local dances. During this time Steve had a part time job at a dairy processing plant in Moose Jaw. His band was a traveling band, playing dances from Moose Jaw to Saskatoon, and of course many places in between. Finally in 1960 at one of these dances he met Linda and they got married in 1961 in Saskatoon. Shortly after he got married, Steve went into drywalling and started his own business. During the next few years 4 daughters were born, all born in Saskatoon. In 1969 Steve brought his business, Avram Drywall, and all his family to Victoria, BC. Linda, who had worked in a bank in Saskatoon, was able to find a job in Victoria in another bank, and she worked till she was 55 yrs. of age. All their girls went to elementary & high school in Victoria, and eventually went to UVIC. Steve during all his years has been very involved in his church and his music. In about 2000, Linda's brother, who was a radiologist was transferred from Saskatoon to the hospital



in Duncan, so Steve decided to move to Duncan in order for Linda to be closer to her brother. Just two years later her brother moved back to Saskatoon, but by that time Steve and Linda had fallen in love with Duncan and stayed. Steve still had his drywall business and in about 2009 also joined the band 'Danny & The Seniors' with Dan Hughes. He was with that band until 2020. Steve's wife Linda unfortunately passed away in 2022 just 2 days after his birthday, and says he still misses her very much. Now he no longer has his drywall business, but is still involved with music and formed a band called Island Spirit. They play at the Valley Seniors Centre every Wednesday morning for the VSO Social Hour, which brings many members into the building to enjoy the music, to dance and stay for lunch, and this gives a real boost for the organization. He also plays for many of the monthly dances. Steve says this Seniors Organization has been a Godsend for him throughout these past couple of years along with all his church friends, and says he is 'full of joy',

Story By Annette Hughes





# COMING EVENT

## "A Musical Treat"

### FEATURING THE MUSIC OF

### Valley Seniors Very Own Talent

**EVERGREEN CHOIR  
UKULELE PLAYERS  
HARMONICA BAND**

**SATURDAY, JUNE 22ND. 1:30 PM**(Doors open at 1pm)  
At The Valley Seniors

Light Refreshments All Members Welcome

There will be free tickets available to members beginning on June 1st 2024. Any tickets not taken will be available for family and friends.





# VSO's EVERGREEN CHOIR

**Judy Buchanan - Administrator    Christine Gillespie - Pianist**

Our choir consists of men and women who come together twice a week on Wednesdays and Fridays to share the joy of singing. For the first two weeks of each month we practice at the Valley Seniors. The third and fourth weeks of each month we visit Care Homes and Retirement Homes to entertain the residents.

We have a different selection of songs each month.

Music soothes the soul and brings joy to those who don't get much out of life anymore.

This is why we find it is so important to spend our volunteer time singing to others.

We are always looking for new members to join us.

An exciting event has been planned for June 22nd, 2024, and will take place here at the Valley Seniors Organization.

More information on this event is in the newsletter.

Written by Judy Buchanan





Valley Seniors Organization 198 Government St. 250-746-4433

# 50's - 60's - 70's Dance

## SATURDAY

APRIL 20TH. 2024

🎵 Music By 🎵

Dan Hughes - Disc Jockey

7 pm - 10 pm

Doors open 6:30 pm

\$15 per person

(at the door)

Light Lunch

Costume  
Prizes





## 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.

Thank you for your support.

## CRAFT SALE

Do you need a baby gift, 'drip-catcher', shawl, slippers, tote bag, kitchen towel or just want to check out the work of the Wednesday morning Craft Group? Come and see us at our Spring Sale. On Monday, May 27th and Tuesday, May 28th we will be displaying and selling our wonderful handcrafted items in the Craft Room during Centre hours. We will be marking down the prices of many of the winter items and lap blankets to make room for new stock. Please have a look if you are in need of unique gifts or want to plan ahead for the next cold spell!

Sheila Garrison

(Craft Group Coordinator)

## VSO Rambling Walker Group



Happy Anniversary on April 23, 2024, we've been walking for a year, we started out with our Grassroots group of 6. We have averaged up to March 24, 660,000 steps. Wow our group keeps growing. We are up to 20 not all at one time. If you don't like walking alone come join us.

Come and join the VSO Rambling Walker Group, we try to walk 4 times a week. 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 6000-8000 steps a day give me a call or Email. Check out our Facebook Page: Valley Seniors Organization Rambling Walkers Group

Shirley Kolompar, Co-Ordinator

shirleyk@shaw.ca

250-701-2864



## **Ladies Shuffleboard**

Hello Members

Shuffleboard is progressing along great on Thursdays 12:30-2:30pm. We have an average of 8-10, sometimes more sometimes less, ladies participating, depending on what's happening. If you're interested you are more than welcome to just show up. You don't need to know how to play, we will coach you. We are playing for fun, no competition. We use both boards. Come out for some fun, we would love to see you, come early and have a bite of lunch.

Shirley Kolompar, Co-ordinator

250-701-2864

shirleyk@shaw.ca

## **ST. PATRICK'S DANCE**

March 16th 2024 We had 68 people show up for our Dance.

The Dance floor was full of people wearing the "Irish Green" and the hall

looked very colourful. The band "Island Spirit" kept everyone dancing all evening long.

The door prize was won by: Bob Urquart, Congratulations. Many thanks go out to Earle, John, Dennis, Shirley K, Linda, Delores, Heather and Annette for doing a superb job of setting up the tables and decorating the hall.

Thanks goes out to Ron for Bartending. Also many thanks to Ron and Earle for making the sandwiches and Delores and Heather for making up the food platters etc.

**ALL IN ALL IT TURNED OUT TO BE A FUN FILLED EVENING.**

## **OUR NEXT DANCE**

**April 20th**

**50-60-70's Theme**

**Disc Jockey-Dan Hughes**

**Don't forget to wear your costume of the era.**

## Advertising

Hello Members,

If you know of a reputable business or maybe your favourite business who may like to advertise in our Newsletter please let me know. Our rates are \$10.00/mth or \$100.00/yr. for a business card size ad. I can be contacted through the Front Desk at 250-746-4433, [valleyseniorsfront@gmail.com](mailto:valleyseniorsfront@gmail.com) or 250-701-2864

Facebook Page: Valley Seniors Organization

Please support the businesses who support us.

We have 2 new Businesses that have approached us this last month. **SOUL COMFORT:** Wool for Comfort, **HIRE SON:** Providing Transportation for Seniors

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

## INCOME TAXES

**I WILL BE DOING INCOME TAXES AGAIN THIS YEAR  
ON MONDAY, WEDNESDAY, THURSDAY and FRIDAY**

**(MORNINGS ONLY)**

**9:00am - 11:00am**

**(I WILL BE AWAY FIRST 2 WEEKS OF APRIL)**

**(RETURNING 15th APRIL)**

**Neil Peters**



**FINANCIAL REPORT FEBRUARY 2024**

	<b>BINGO</b>	<b>GEN. ACCOUNT</b>
<b>Opening Balance</b>	<b>\$4,610.74</b>	<b>\$37,609.13</b>
<b>Income</b>	<b>\$8,160.50</b>	<b>\$37,825.15</b>
<b>Expenses</b>	<b>\$10,025.81</b>	<b>\$9,251.90</b>
<b>Closing Balance</b>	<b>\$2,745.43</b>	<b>\$66,182.38</b>

**VSO Treasurer - Neil Peters**

**Mixed Shuffleboard Report for February 2024,      Dan Hughes.**

<b>1<sup>st</sup></b>	<b>Earle</b>	<b>17 points</b>
<b>2<sup>nd</sup></b>	<b>Dan</b>	<b>16 "</b>
<b>2<sup>nd</sup></b>	<b>Ken</b>	<b>16 "</b>
<b>3<sup>rd</sup></b>	<b>Betty</b>	<b>13 "</b>
<b>4<sup>th</sup></b>	<b>Marcel</b>	<b>12 "</b>
<b>5<sup>th</sup></b>	<b>Gary</b>	<b>11 "</b>
<b>5<sup>th</sup></b>	<b>John</b>	<b>11 "</b>
<b>6<sup>th</sup></b>	<b>Diane</b>	<b>10 "</b>
<b>6<sup>th</sup></b>	<b>Steve</b>	<b>10 "</b>

**24 individual games played.    18 different players participated.**

**Tournament Times:    Saturday 9:30 am.    Monday 11:30 am.**

## Valley Senior's Bus Committee Report

Monday, March 25<sup>th</sup> we had our trip to the Royal B. C. Museum/Imax and Spaghetti Factory. It was a very enjoyable day for all. We filled every seat on the bus for this trip. Thursday, April 11<sup>th</sup> we have a trip planned to the Air Museum in Sidney, B.C and a visit to Sidney Harbor Chinese Restaurant. If you would like to go on this trip you need to sign up asap with post-dated cheque.

Monday, April 29<sup>th</sup> we will be spending 1 night at the Cascades Casino in Langley, B. C.

Again, if you would like to go on this trip a post-dated cheque is required, only 2 rooms left. A trip to see the "Snowbirds" aerial show in Comox is planned for May 18<sup>th</sup>, sign-up at front desk, starting to fill up, don't miss your chance. We also will be having a trip to Milner Gardens in Qualicum, with a stop for dinner at the Rocking Horse Pub in Nanoose Bay. Sign-up will be in April.

Post-dated cheque, debit, cash or credit is required for sign-up on all trips.

Your ideas are important, please help us out.

We are working on more trips, will let you know when finalized.

Check the boards for trips and sign-up at front desk.

Rose MacKenzie,  
Bus Committee Chair

### 50/50 WINNERS MARCH

DATE	NUMBER	AMOUNT	WINNER
3-MAR	773225	\$1325.50	CORINNE LA FORTUNE
5-MAR	659409	\$175.00	NEIL PETERS
10-MAR	773794	\$122.50	DELORES BOUTILIER
12-MAR	754409	\$167.50	MARY HENRY
17-MAR	970018	\$147.00	DAVE OLAND
19-MAR	659819	\$170.00	RUTH GRAHAM
24-MAR	755013	\$137.50	E MILLER
26-MAR	490300	\$197.50	SHIRLEY HILL



# VSO ADVERTIZING



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E [chad.gurski@valleyfloors.ca](mailto:chad.gurski@valleyfloors.ca)  
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## COWICHAN PIPES & DRUMS

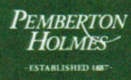
Duncan, British Columbia, CANADA

Band Mgr Joel Bailey [jo3@shaw.ca](mailto:jo3@shaw.ca)

CONTACT SHIRLEY KOLOMPAR: at 250-746-4433,

[valleyseniorsfront@gmail.com](mailto:valleyseniorsfront@gmail.com) or 250-701-2864





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## MOTHER'S DAY' TEA

WHERE - DUNCAN EAGLES HALL  
BOYS ROAD

TIME - 1 PM TO 3 PM

WHEN - MAY 8<sup>TH</sup> 2024

COST - DONATION AT THE DOOR

DOOR PRIZE AND RAFFLE

WELCOME TO ONE AND ALL

<b>OPEN MON.—FRI. 9:00am - 3:00pm</b> <b>SAT. 9:00 am - 1:00 PM</b>		<b>DAILY LUNCH</b> <b>Watch the notice board for</b> <b>weekly specials!</b>	<b>IF YOU ARE SICK PLEASE</b> <b>STAY HOME</b>
MON	<ul style="list-style-type: none"> <li>• CARPET BOWLING</li> <li>• CONTRACT BRIDGE</li> <li>• CRIBBAGE</li> <li>• SHUFFLEBOARD (Tournament)</li> </ul>	<ul style="list-style-type: none"> <li>• 9:15am (BINGO HALL)</li> <li>• 12:00 (CRAFTROOM)</li> <li>• 12:00 (BINGO HALL)</li> <li>• 10:00am (DINING ROOM)</li> </ul>	
TUES	<ul style="list-style-type: none"> <li>• HARMONICA BAND</li> <li>• BINGO</li> </ul>	<ul style="list-style-type: none"> <li>• 8:30am (STAGE BINGO HALL)</li> <li>• 11:00am EARLY BIRD (BINGO HALL)</li> <li>• 12:00pm REGULAR GAMES (BINGO HALL)</li> </ul>	
WED	<ul style="list-style-type: none"> <li>• CRAFTS</li> <li>• CARPET BOWLING</li> <li>• MUSIC (ISLAND SPIRIT)</li> <li>• SHUFFLEBOARD</li> <li>• CHOIR (1st &amp; 2nd WED)</li> <li>• DARTS</li> <li>• <b>4th WEDNESDAY of EACH MONTH (GENERAL MEETING)</b></li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am (CRAFTROOM)</li> <li>• 9:15am (BINGO HALL)</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 (BINGO HALL)</b></li> </ul>	
THUR	<ul style="list-style-type: none"> <li>• CARPET BOWLING</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>• 11:00am (CRAFTROOM)</li> <li>• 12:00 (BINGO HALL)</li> <li>• 12:30pm (DINING ROOM)</li> </ul>	
FRI	<ul style="list-style-type: none"> <li>• DUPLICATE BRIDGE</li> <li>• CARPET BOWLING</li> <li>• WHIST</li> <li>• UKULELE</li> <li>• CHOIR (1st &amp; 2nd FRIDAY)</li> <li>• SHUFFLEBOARD</li> <li>• <b>BOARD MEETING FRIDAY PROCEEDING GENERAL MEETING</b></li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am (BINGO HALL)</li> <li>• 9:15am ((BINGO HALL BACK 1/2)</li> <li>• 12:00 ((BINGO HALL BACK 1/2)</li> <li>• 12:00pm (CRAFTROOM)</li> <li>• 1:00pm (BINGO HALL FRONT 1/2)</li> <li>• ANYTIME (DINING ROOM)</li> <li>• <b>10:00am (CRAFTROOM)</b></li> </ul>	
SAT	<ul style="list-style-type: none"> <li>• SHUFFLEBOARD (TOURNAMENT)</li> <li>• LINE DANCING</li> <li>• <b>VSO DANCE (DOORS OPEN 6:30 pm \$15.00)</b></li> </ul>	<ul style="list-style-type: none"> <li>• 10:00am (DINING ROOM)</li> <li>• 10:00am (BINGO HALL)</li> <li>• <b>7:00pm: (BINGO HALL)</b></li> </ul>	
SUN	<ul style="list-style-type: none"> <li>• BINGO</li> </ul>	<ul style="list-style-type: none"> <li>• 10:15am DOORS OPEN</li> <li>• 12:00pm EARLY BIRD</li> <li>• 1:00pm REGULAR GAMES</li> </ul>	

# APRIL 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
	<p>1. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00</p>	<p>2. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm</p>	<p>3. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm CHIOR 1:00pm</p>	<p>4. CARPET BOWLING 9:15 CARVERS 11:00 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm</p>	<p>5. CARPET BOWLING 9:15 BRIDGE 9:30 UKULELE 12:00 CHOIR 1:00 WHIST 12:00</p>	<p>6. LINE DANCING 10:00 SHUFFLEBOARD – 9:30</p>
<p>7. <b>CLOSED</b> OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30</p>	<p>8. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00</p>	<p>9. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm</p>	<p>10. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm CHIOR 1:00pm</p>	<p>11. CARPET BOWLING 9:15 CARVERS 11:00 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm</p>	<p>12. CARPET BOWLING 9:15 BRIDGE 9:30 UKULELE 12:00 CHOIR 1:00 WHIST 12:00</p>	<p>13. LINE DANCING 10:00 SHUFFLEBOARD – 9:30</p>
<p>14. <b>CLOSED</b> OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30</p>	<p>15. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00</p>	<p>16. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm</p>	<p>17. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm CHIOR 1:00pm</p>	<p>18. CARPET BOWLING 9:15 CARVERS 11:00 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm</p>	<p>19. CARPET BOWLING 9:15 BRIDGE 9:30 UKULELE 12:00 CHOIR 1:00 WHIST 12:00 <b>BOARD MEETING 10:00am</b></p>	<p>20. LINE DANCING 10:00 SHUFFLEBOARD – 9:30 <b>VSO DANCE 7:00pm</b> <b>DAN HUGHES DJ</b></p>
<p>21. <b>CLOSED</b> OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30</p>	<p>22. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00</p>	<p>23. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm</p>	<p>24. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 <b>GENERAL MEETING 1:00pm</b></p>	<p>25. CARPET BOWLING 9:15 CARVERS 11:00 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm</p>	<p>26. CARPET BOWLING 9:15 BRIDGE 9:30 UKULELE 12:00 WHIST 12:00</p>	<p>27. LINE DANCING 10:00 SHUFFLEBOARD – 9:30</p>
<p>28. <b>CLOSED</b> OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30</p>	<p>29. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00</p>	<p>23. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm</p>				