

JANUARY 2016

Mountain Side Village Gives Families Peace Of Mind!

Enjoy maintenance-free living suites that incorporate supportive features to promote independence and 24-hour emergency monitoring service for added peace of mind.

If you are interested please call (250) 367-9870

- Meals
- Shuttle Bus
- Activities
- Maintenance
- Housekeeping

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
VENUES BVM - Beaver Valley Manor FMC - Fruitvale Memorial Centre		<h1>HAPPY NEW YEAR</h1>			1	2
3	4 Yoga 9:30 - 10:30 am 10:45 am - Noon BVM Bingo 1:00 pm BVM	5	6 Ceramics 9:00 am - Noon BVM	7 Balance Class 11:00 am @ BVM Cards 1:00 pm @ BVM Seniors iPad 10:00 am - Noon FMC	8 Line Dance 10:00 - 11:00 am FMC	9
10	11 Yoga 9:30 - 10:30 am @ BVM 10:45 am - Noon @ BVM Bingo 1:00 pm @ BVM Coffee with Vickie 10:30 am FMC	12 Deadline to order individual meat pies (See page 1 of the Fruitvale newsletter or call Vickie, 250-367-7124 for more information)	13 Ceramics 9:00 am - Noon BVM Cards 1:00 pm BVM DEADLINE TO REGISTER FOR SENIORS LUNCH	14 Balance Class 11:00 pm BVM Branch 44 General Meeting 1:30 pm BVM	15 Line Dance 10:00 - 11:00 am FMC Pick up meat pie orders at FMC between 3:30 - 7:30 pm	16
17	18 Yoga 9:30 - 10:30 am @ BVM 10:45 am - Noon @ BVM Bingo 1:00 pm @ BVM AGE FRIENDLY LUNCH 12:30 pm @ FMC	19 Carpet Bowling 10:00 - 12:00 am BVM	20 Ceramics 9:00 am - Noon BVM	21 Balance Class 11:00 pm @ BVM Cards 1:00 pm @ BVM Seniors iPad 10:00 am - Noon FMC	22 Line Dance 10:00 - 11:00 am FMC	23
24	25 Yoga 9:30 - 10:30 am 10:45 am - Noon @ BVM Bingo 1:00 pm @ BVM	26 Carpet Bowling 10:00 - 12:00 am BVM Cancer Screening Workshop 1:00 pm BVM	27 Ceramics 9:00 am - Noon BVM DEADLINE TO PURCHASE SENIORS' DINNER TICKETS	28 Balance Class 11:00 pm @ BVM Cards 1:00 pm @ BVM	29 Line Dance 10:00 - 11:00 am @ FMC	30
31						

BLACK = Fruitvale Senior Citizens Branch 44
 - \$15 membership required for events at BV Manor
 - Contact Wilbur Worstradowski, 250-368-4946

RED = Beaver Valley Age Friendly
 - No membership required for the Age Friendly events
 - Contact Vickie Fitzpatrick, 250-367-7124

BLUE = Community Events
 - May or may not have a fee associated with event
 - Contact the event organizer

If you have a seniors' event you would like posted on the *Age Friendly Event Calendar*, please contact Vickie Fitzpatrick at 250-367-7124 or the Village Office at 250-367-7551 or send your event information to info@village.fruitvale.bc.ca

BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator
Vickie Fitzpatrick
250.367.7124 or by email
vickief@telus.net



DO YOU KNOW how to reduce your energy consumption?

While you're away, place containers of water on the empty shelves; a full fridge runs more efficiently. When you return, instead of dumping out the water, use it to water your plants.

Hang clothes indoors with your retractable clothesline OR if you choose to use your clothes dryer, place a *dry towel* in with your wet clothing. The dry towel will absorb some of the moisture and your clothes won't need to be in the dryer as long.



For more energy saving tips as well as information on rebates and your Energy Savings Kit visit

<http://www.fortisbc.com/Rebates/SavingEnergy/SavingEnergyAtHome/Pages/default.aspx> and <http://www.fortisbc.com/Rebates/RebatesOffers/EnergySavingKit/Pages/default.aspx>

SENIORS' LUNCH

Our December 'Thanks for Being Our Seniors' lunch greeted 262 smiling faces! To our 'Miracle Men' Doug Green, John Wurflinger, Ed Wilcox, Vern Womacks, Gabe Vandermere, Phil Brooks and Bud Barret, you did a fantastic job setting up and decorating our tables and fixing the icicle lights - the hall looked absolutely beautiful! THANK YOU...THANK YOU!!! Our servers Linda Green, Laurel Moore, Lee-Anne Halifax and Mayor Patricia, thanks for your smiles and hard work, you did and always do an incredible job!!!! To the RCMP officers you put the 'Amazing' into our lunch, Thank you! Irma Maslanko thanks so much for handing out the door prize tickets! In the kitchen ticking steady like a clock were Larry Fitzpatrick, Carolyn Womacks, Joyce Buckler, Sera Wilcox, Joan Green and Kelly Moore. Not only did you serve 262 people a hot delicious lunch, you worked so hard on the kitchen clean up, with smiles on your faces all in the spirit of giving! I am in awe of what you do in that kitchen month after month! To Tabatha Webber, thanks for taking care of the coffee house and swinging in and helping WASH DISHES!!!! To our crew that put up chairs and cleaned the tables, John and Wendy Wurflinger, the RCMP crew and all our servers - you were like the "EverReady Bunny, you just kept going and going" THANK YOU! **This was the biggest lunch we have ever done!** We have come a long way in three years! I am so proud to work with all our VOLUNTEERS who show up month after month and put their all into what we do!

Thank you to Columbia Power for sponsoring our Christmas lunch! Thank you to Marino Wholesale for your support! Thank you to Liberty Foods for your support! Thanks to Shaw Cable for taking the time to share in showing off our Seniors! Thank you to Geoff Fontes for showing off our volunteers and our event! I say this often and will say it again, **"I LOVE WHERE I LIVE!"**

Due to a personal commitment, the January lunch will be held on **Monday January, 18 2016** in the **Fruitvale Memorial Centre at 12:30 pm**; please register on or before January 13, 2016 by calling Hilda 250-367-9960, Koert 250-368-9835, Dave and Irma 250-367-6185 or Vickie 250-367-7124.

COFFEE WITH VICKIE - SENIORS' TALK

On December 7, 2015 we had a very jam packed coffee party. Sandy McCreight came and gave out PRIME packages and other information packages for seniors. Dini from FortisBC came and shared information on how to apply for energy saving kits and tips on saving energy in our homes. Once again the Fruitvale Elementary students Paige Marrantino, Gracie Derksen, Lexie Browell, Abby Epp, Sydney Gardner, and Marci Brooks did a fabulous job serving!

January 11, 2016 will be our next coffee in the Fruitvale Memorial Centre at 10:30 am. Our guest speakers will be Lila Cresswell, speaking on property tax deferral, seniors renovation tax credits and other benefit programs for seniors, and our local Pharmacist Aaron Hunchak will be there to educate us on prescription medications and answer any questions you may have. We hope to see you there!

SENIORS' UKULELES

Are you interested in learning to play the ukulele? Iain and Terry Stark are self taught ukulele players who live in Montrose and are interested in joining other senior 'uke' players in the Valley, maybe even meeting up once a week to socialize, play and learn. If this interests you, contact them at tlstark@shaw.ca or ihstark@shaw.ca or 250-367-9707.

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THANK YOU TO OUR SUPPORTING PARTNERS



Electoral Area A

