

# BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator  
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## MESSAGE FROM JAYME

We had a very successful year! We shared many delicious lunches and had some great speakers attend our coffees. Greg Barber spoke about climbing Mt Everest, Karen Waldal from The Alzheimer's Society spoke about Alzheimer Disease, Corrine Tamelin joined us for some arm-chair travel to Vietnam and China, and Craig Horsland shared his knowledge about our local history. We brain-stormed and program planned; toured the new Riverfront Centre and walked the Trail bridges; hiked some local trails; took a bus to The Gold Fever Follies; toured the MIDAS facility; learned about Mindfulness Stress Reduction with Dr. Neil and had a tailgate party at the Fruitvale RV sites. We hosted our first Alzheimer's Event to raise awareness and funds in support of The Alzheimer's Society of BC, raising over \$3,700.00! We got physical by learning how to use the gym equipment correctly. Now there are several seniors on personal fitness programs. We ran circuit classes at the seniors gym and balance classes at the BV Manor.

The number of seniors attending our monthly Coffee Club and Toonie Tuesday Lunches has increased every single month!! This is very positive as it means our seniors are embracing the programs offered and are staying connected with our community!

With our Toonie Tuesday lunch numbers increasing, I have secured another grant from the Community Response Network. This grant has enabled me to bring on another set of hands, Leah Thompson, to help in the kitchen with the food preparation. Leah is educated and experienced in Social Services, and has deep roots in the community. **Welcome to the team Leah!!**

**VOLUNTEERS REQUIRED:** With our coffee group also growing, I am seeking two volunteers that would like to help serve coffee and tea. If you are interested please call me.

## LOCK BOXES

Our lock boxes have arrived! We will be installing them in the New Year.

## COFFEE CLUB

The next Coffee Club will be held on **Monday, January 14, 2019 @ 10:30am** at the Fruitvale Memorial Centre. Corrine Tamelin is returning with Part 2 of our arm chair travel. Everyone is welcome!

## TOONIE TUESDAY LUNCH

December's Christmas Luncheon was amazing!! We had a record turnout with approximately 265 people attending! It was a delightful afternoon of great food, great company, and wonderful entertainment from the FES grade 2 classes.

I would like to once again thank **Scott and Rebecca Weatherford from Atco Lumber Products** for sponsoring this memorable event. **HUGE THANKS** to the following: the **Kiwanis Club** for the donation of the black forest cake; the **anonymous people** who donated all the door prizes; and **Helen Underwood** for making all those beautiful ornaments. **HUGE THANKS** to all our **wonderful volunteers** who decorated the hall, planned, prepped, organized, served and cleaned up after the lunch: **Rick Hammond, Doug Green, Gabe Vandermeer, Bud Barret, Roy Plummer, Vern Womacks, Fran Parteger and Phil Brooks** - the tables were set up beautifully! **Nilla Mailey, Lorraine Partridge, Lee-Anne Halifax, Patricia Cecchini, Sandy Calder, Barb Leavitt, Joan Green, Carolyn Womacks, Anna Whyte, Pat Balak, Ann Deadmarsh, Leo Leavitt, Mike Walsh, Roger Zol, Jim Partridge, Shelley Verhelst, Heather Buchanan, Leah Thompson, Irma Maslanko, Koert Deiterman and Brian Henry** - your hard work was amazing! A **special THANK YOU** to our local **Fire Fighters and RCMP Officers** for serving lunch - it was a real treat! **This event could not have been possible without all of you!**

The next Toonie Tuesday Lunch will be held on **Tuesday, January 22, 2019 @ 12:30pm** at the Fruitvale Memorial Centre. Please register by calling Irma @ 250-367-6185, Koert @ 250-367-9835, or Jayme @ 250-367-7428, by January 14, 2019.

## EMPTY CANVAS PAINT NIGHT

**Tickets are still available** for the Beaver Valley Age Friendly's **Empty Canvas Paint Night** on **Thursday, January 10, 2019 @ 6:30pm** at the Fruitvale Memorial Hall. The cost is \$10. Tickets will be available for purchase during regular office hours at the Village of Fruitvale and the Village of Montrose Offices. This event is open to anyone 50 years of age or older. There is a choice of two different winter scenes. You can check them out on our "Age Friendly Beaver Valley" Facebook page and cast your vote!



Toonie Tuesday Christmas Lunch



THANK YOU TO OUR SUPPORTING PARTNERS



# JANUARY 2019

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3 Cards 1:00pm @ BVM	4 Seniors' Line Dancing 10:00-11:00am @ FMC	5
6	7 Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC Bingo 1:00pm @ BVM Montrose Sr. Cards 7:00pm @ MH	8 Carpet Bowling 10:00am-Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC	9 Ceramics 9:00am-Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC Cards 1:00pm @ BVM BV Lions' BINGO 6:00pm @ FMC	10 Senior Men's Curling 10:00am - Noon @BVCC Branch #44 General Meeting 1:30pm @ BVM Empty Canvas Paint Night 6:30pm @ FMC	11 Seniors' Line Dancing 10:00-11:00am @ FMC Senior Men's Curling 10:00am - Noon @BVCC Seniors 55+ Bowling 1:00pm @ BVL	12
13	14 Seniors' Coffee 10:30am @ FMC Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC Bingo 1:00pm @ BVM Last Day to Register for Toonie Lunch	15 Carpet Bowling 10:00am-Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC	16 Ceramics 9:00am-Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC BV Lions' BINGO 6:00pm @ FMC	17 Cards 1:00pm @ BVM Senior Men's Curling 10:00am - Noon @BVCC	18 Seniors' Line Dancing 10:00-11:00am @ FMC Senior Men's Curling 10:00am - Noon @BVCC Seniors 55+ Bowling 1:00pm @ BVL	19
20	21 Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC Bingo 1:00pm @ BVM Montrose Sr. Cards 7:00pm @ MH	22 Carpet Bowling 10:00am-Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC Toonie Tuesday Lunch 12:30pm @ FMC	23 Ceramics 9:00am-Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC BV Lions' BINGO 6:00pm @ FMC	24 Cards 1:00pm @ BVM Senior Men's Curling 10:00am - Noon @BVCC	25 Seniors' Line Dancing 10:00-11:00am @ FMC Senior Men's Curling 10:00am - Noon @BVCC Seniors 55+ Bowling 1:00pm @ BVL	26
27 Robbie Burns' Night 5:30pm@FMC Tickets \$20 Rick - 367-9153 Elizabeth - 367-0145	28 Bingo 1:00pm @ BVM	29 Carpet Bowling 10:00am-Noon @ BVM	30 Ceramics 9:00am-Noon @ BVM	31 Cards 1:00pm @ BVM	<b>VENUES</b> <b>FMC - Fruitvale Memorial Centre</b> <b>BVM - Beaver Valley Manor</b> <b>BVCC - Beaver Valley Curling Club</b> <b>BVL- Beaver Valley Lanes</b> <b>MH - Montrose Hall</b>	

**BLACK = Fruitvale Senior Citizens Branch 44**  
- \$15 membership required for events at BV Manor  
- Contact Kris Weishaupt, kwishy@telus.net

**RED = Beaver Valley Age Friendly**  
- No membership required for the Age Friendly events  
- Contact Jayme Fowler, 250-367-7428

**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 Jayme Fowler at 250-367-7428 or the Village Office at 250-367-7551 or send your event information to [village.info@village.fruitvale.bc.ca](mailto:village.info@village.fruitvale.bc.ca) or [jfricke99@msn.com](mailto:jfricke99@msn.com)