

BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator
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DO YOU KNOW...

The Beaver Valley Dynamic Aging Society is hosting various learning programs and fun events throughout the year, as suggested by our Beaver Valley Seniors.

The first in the series of Learning Programs, **Basic First Aid**, was held in February and was a huge success. The next program in the series, **Self Defence for Seniors**, will be held at the Heart and Soul Tae Kwon Do Studio on Main Street across from the Fire Hall (see details below).

A huge THANK YOU to Linda Green for her hard work in setting up for the Basic First Aid class. We couldn't have done it without you!

SENIORS' LUNCH

Thank you to Kelly and the Beaver Valley Recreation for hosting the Seniors Dinner and Social Evening on February 4th. It was a wonderful evening filled with delicious food and great entertainment! We hope everyone in attendance enjoyed themselves.

The March **Seniors' Lunch** will be held on **Tuesday, March 15 at 12:30 pm** in the Fruitvale Memorial Centre. Please register your attendance by calling HILDA 250.367.9960, KOERT (pronounced Kirt) 250.367.9835, DAVE or IRMA 250.367.6185 or VICKIE at 250.367.7124 **ON OR BEFORE March 11th**. Please take the time to register on or before the date above as your registration assists me in my meal planning, shopping, setup and being organized for our hard working volunteers!!!

COFFEE WITH VICKIE

Our next **Coffee with Vickie** will be held on **March 7, 2016 @ 10:30 am** in the Fruitvale Memorial Centre. Cpl. K.A. (Kelly) Hall from the RCMP Crime Reduction Unit will be our guest speaker. Cpl. Hall will be talking about fraud, scams and much more. **Please register for the Coffee Party on or before March 4, 2016** by calling Dave and Irma 250.367.6185, Koert 250.367.9835, Hilda 250.367.9960 or Vickie 250.367.7124.

COMPUTERS FOR SENIORS

The last two Seniors' Computer Lessons before spring break will be held at the Fruitvale Memorial Centre beginning at **10:00 am on Thursday March 3rd and Thursday March 10th**. These are drop-in classes for seniors. **Participants will need to bring their own device.** Thank you to the Columbia Basin Alliance for Literacy (CBAL) for instructing these classes.



SELF DEFENSE FOR SENIORS



Come down to Heart & Soul Tae Kwon Do for a seniors only self defence seminar on **Monday, March 14th, 2016 from 1:00 - 3:00 pm**. You will learn practical self defense utilizing various simple but effective martial arts moves, geared towards your own ability. You will not only get hands-on practical experience from qualified instructors in a controlled setting, but you will also increase your confidence and hopefully have fun at the same time.

Please wear comfortable clothing and if you cannot go barefoot, clean indoor shoes only.

There is a 6 person minimum and a 14 person maximum for this class so please pre-register by calling Vickie at 250-367-7124

VOLUNTEER INCOME TAX PROGRAM

The Volunteer Income Tax Program for low income individuals, couples and families begins **Thursday March 3 and runs every Thursday until April 21, 2016 from 9:00 am to 11:00 am** at the Beaver Valley Manor. This program has been held for the past number of years and is designed to help seniors and other low income individuals, couples and families with the filing of their 2015 Income Tax Forms.

THANK YOU TO OUR SUPPORTING PARTNERS



MARCH 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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Carpet Bowling 10:00 am - Noon BVM	2 Ceramics 9:00 am - Noon BVM Cards 1:00 pm BVM	3 Income Tax Preparation for low income individuals or couples 9:00 - 11:00 am @ BVM Balance Class 11:00 am BVM Seniors' Computer Class 10:00 am - 12 Noon FMC	4 Line Dance 10:00 - 11:00 am FMC
7 Seniors Coffee 10:30 am FMC Bingo 1:00 pm BVM	8 Carpet Bowling 10:00 am - Noon BVM	9 Ceramics 9:00 am - Noon BVM	10 Income Tax Preparation for low income individuals or couples 9:00 - 11:00 am @ BVM Balance Class 11:00 am BVM Cards 1:00 pm BVM	11 Line Dance 10:00 - 11:00 am FMC
14 Bingo 1:00 pm BVM Seniors' Self Defense 1:00 - 3:00 pm Heart & Soul Tae Kwon Do Studio	15 Age Friendly Luncheon 12:30 pm FMC Carpet Bowling 10:00 am - Noon BVM	16 Ceramics 9:00 am - Noon BVM	17 ST PATRICK'S DAY Income Tax Preparation for low income individuals or couples 9:00 - 11:00 am @ BVM Balance Class 11:00 am BVM	18
21 Bingo 1:00 pm BVM EASTER Bingo 1:00 pm BVM 27	22 Carpet Bowling 10:00 am - Noon BVM Carpet Bowling 10:00 am - Noon BVM 28	23 Ceramics 9:00 am - Noon BVM Ceramics 9:00 am - Noon BVM 29	24 Income Tax Preparation for low income individuals or couples 9:00 - 11:00 am @ BVM Balance Class 11:00 am BVM Cards 1:00 pm BVM Seniors' Ukulele Class 1:00 pm - 3:00 pm FMC Beaver Room NOTE: The above programs will also be held on March 31 st . 31	25

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