

# BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator  
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or by email [vickief@telus.net](mailto:vickief@telus.net)



**BEAVER VALLEY DYNAMIC AGING SOCIETY** has once again applied to Columbia Basin Trust for two grants for Beaver Valley Age Friendly. "Thanks for Being Our Seniors" free lunch and Coffee with Vickie is one application and the second is Middlers...for our Pop up Bistros. Without this funding from Columbia Basin Trust we would not be able to have these monthly lunch or coffee gatherings!

Every month the "Thanks for being our Seniors" luncheon takes an average of 22 volunteers to serve you - 90% of these volunteers come every month! Without these loving and giving people our lunches would not happen.

We plan the lunch menu each month with the following in mind; nutrition, flavour preference, cost and how we can serve it to you fresh and hot. I know some of you don't like onions or peas, BUT when we are feeding upward of 200 people, it is impossible to please everyone. I apologize for forgetting to send out napkins with the dessert last month; that was an oversight on my part. Every month we learn a new method or way of doing a better job of serving you...and we still have a lot to learn.

I thank you for your loving support and your honesty. **PLEASE REMEMBER TO THANK OUR VOLUNTEERS!!!**

## SENIORS' LUNCH

March's "Thanks for being our Seniors' Lunch" served 213 smiling faces!! Richard Cannings, MP for South Okanagan and West Kootenay, joined us for lunch as did Diane Lockwood, Councillor from the Village of Salmo, Steve Morissette and James Ellison, Village of Fruitvale Councillors. THANK YOU to our Miracle Men that set up the hall - Bud Barrett, Fran Partiger, Gabe Vandermere, Roy Plummer, and Vern Womacks!!! Irma Maslanko - THANK YOU for giving out the door prize tickets!!! To Larry Fitzpatrick, Joyce Buckler, Carolyn Womacks, Sera Wilcox and Kelly Moore - THANK YOU for your hard work in the kitchen!!!! To Kelly Moore - THANK YOU for thinking of being our greeter and assisting our guests into the hall!!! Linda Green, Judy Startup, Laurel Moore and Lee-Anne Halifax - THANK YOU for mentoring our students and serving our seniors!!! To our Fruitvale Elementary students - Zoe Giles, Jenna Milburn, Ava Farias, Paige Marrandino, Kaela Kurulok, Tansie Arnason and Lincoln Kelly - THANK YOU for giving up a sunny day of your spring break to come and serve our seniors!!!

Our next **Seniors' Lunch** is **Tuesday, April 19<sup>th</sup>** in the Fruitvale Memorial Centre @ 12:30 pm. **Please register on or before April 15<sup>th</sup>** by calling Hilda 250-367-9960, Koert 250-367-9835, Dave and Irma 250-367-6185 or Vickie 250-367-7124.

## COFFEE WITH VICKIE

A huge THANK YOU to Cpl. K.A. (Kelly) Hall from the RCMP Crime Reduction Unit who came and spent the morning with us. Cpl. Hall educated us on fraud and scams and answered all of our questions. Jeannie Boutin was kind enough to come and share information about a Volunteer Visiting Program that she was part of years ago. Jeannie brought this to my attention a few months back. I have made a few calls and found out Castlegar is looking into the same idea!!! Stay tuned for more information about this program. MaryBeth Vandermeulen from Salmo also attended our coffee time to tell us about the pen pal group she has started. She passed around handouts and contact information. The 'Self Defence for Seniors' program held at the Heart & Soul Tae Kwon Do Studio was a huge success! Thank you to Beaver Valley Dynamic Aging Society for funding this program.

Our next **Coffee with Vickie** is on **Monday, April 11, 2016 @ 10:30 am** in the Fruitvale Memorial Centre. Dana Burgess will be our guest speaker. Dana is the West Kootenay Seniors' Transportation Coordinator. There will be a presentation and a discussion period. There is no need to register for this coffee time.

## ATTENTION GYM USERS:

**Please do not loan or transfer your entrance card.** We need to have a signed waiver form with all the necessary information on it before you use the gym, and if you transfer or loan your pass key, we may not have the waiver form on file. Also, if you are not using the GYM and would like to return your card, please bring it to the Village Office. GYM users are also reminded that **a clean pair of sneakers are required** in order to enter the GYM. **Please DO NOT use your street shoes in the gym area.**

## VOLUNTEER INCOME TAX PROGRAM

The Volunteer Income Tax Program for low income individuals, couples and families **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.

### 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

## THANK YOU TO OUR SUPPORTING PARTNERS



# APRIL 2016

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Venues</b> BVM - Beaver Valley Manor FMC - Fruitvale Memorial Centre CLGCC - Champion Lakes Golf & Country Club				1	2
4 Bingo 1:00 pm BVM	5	6 Ceramics 9:00 am - Noon BVM	7 Income Tax Preparation for low income individuals or couples 9:00 - 11:00 am @ BVM (no membership fee required)  Balance Class 11:00 am BVM                          Branch Meeting 1:30 pm BVM                          Seniors' Ukulele Class 1:00 pm - 3:00 pm FMC Beaver Room	8	9 Spring Tea 1:00-3:00 pm BVM
11 Bingo 1:00 pm BVM  Seniors Coffee 10:30 am FMC	12	13 Ceramics 9:00 am - Noon BVM	14 Income Tax Preparation for low income individuals or couples 9:00 - 11:00 am @ BVM (no membership fee required)  Balance Class 11:00 am BVM                          Cards 1:00 pm BVM                          Seniors' Ukulele Class 1:00 pm - 3:00 pm FMC Beaver Room	15 Pharmacist Talk 1:30 pm BVM	16
18 Bingo 1:00 pm BVM	19 Age Friendly Luncheon 12:30 pm FMC	20 Ceramics 9:00 am - Noon BVM	21 Income Tax Preparation for low income individuals 9:00 - 11:00 am @ BVM (no membership fee required)  Balance Class 11:00 am BVM                          Cards 1:00 pm BVM                          Seniors' Ukulele Class 1:00 pm - 3:00 pm FMC Beaver Room  Seniors Mixed Golf 9:00 am CLGCC	22 Senior Men's Golf 10:00 am CLGCC	23
25 Bingo 1:00 pm BVM	26	27 Ceramics 9:00 am - Noon BVM	28 Balance Class 11:00 am BVM                          Cards 1:00 pm BVM                          Seniors' Ukulele Class 1:00 pm - 3:00 pm FMC Beaver Room  Seniors Mixed Golf 9:00 am CLGCC	29 Senior Men's Golf 10:00 am CLGCC	30

**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](mailto:info@village.fruitvale.bc.ca)